

TIGHTWIRE

CENTRE OF CRIMINOLOGY

OCT 21 1977

LIBRARY



CENTRE OF CRIMINOLOGY

OCT 4 1977

LIBRARY

Kingston

Prison For Women

JULY-AUGUST 77

THE NEW TIGHTWIRE
July-August, 1977
Volume III - Edition IV

The TIGHTWIRE is a publication printed every second month, presented by the inmates of the Prison for Women, Kingston, Ontario. We wish to dissolve the barriers of physical imprisonment by sharing our attempts to free ourselves from the mental bondages that engulf us. Our printed words are meant to educate, not alienate you. They are the expressed thoughts, feelings ideas and attitudes which issue forth from the brains of a writer. These are her/his sole possessions and wings towards freedom. Therefore, the contents herein do not necessarily reflect the views of the administration. We welcome advice or criticism from you, the reader, and will be happy to print your articles or letters. Materials presented in the TIGHTWIRE may be reprinted providing credit is given to the original author.

Please address all inquiries, correspondence, cheques or money orders for subscriptions to:

TIGHTWIRE
P.O. Box 515
Kingston, Ontario

TIGHTWIRE STAFF

Editor: D.F. Martin

Typist & contributor: P.A. Twitchin

Guest Artist: M. Huisman

Subscription Rate: Six Issues - \$3.00

IN THIS ISSUE

Regular Features:	Letters to the editor.....	4
	Editorial...by D.F.Martin.....	10
	Poetry.....	21,33,40,41.
	Entertainment...by P. Twitchum.....	47
	Sports...by Ian Lyle.....	48
	Astrology...by D.F.Martin.....	49
Guest features :	The songs that would not die...by Hien Luong.....	12
	Discernment...by Bill Williamson.....	13
	Statement of Claire Culhane.....	16
	Future's Magic...by Ted Houser.....	20
	Why Prisons At All...by Claire Culhane.....	22
	Lady Justice...by Ted Houser.....	26
	I Miss You...by Ted Houser.....	32
	I Am A Child...by JHF.....	37
	The Trouble With Me Is You...by Ronald Sier.....	39
Forum :	For Allan Dunn & All The Others...by Nancy Ward Armour.....	14
	Jour National De Justice en Prison...by D.F.Martin.....	15
	Replace P4W Now...by Nancy Ward Armour.....	24
	Is Complacency The Answer...by Nancy Ward Armour.....	25
	National Committee To Defend Dessie Woods.....	3
	Prison Arts 77.....	34
Features :	Rehabilitating The Youthful Offender...by Terri Leclaire.....	27
	I Dedicate This To My Kids...by Terri Leclaire.....	31
	Dedicated to you...by Terri Leclaire.....	38
	Yoga...by Liane Grunheid.....	42
	Familly Day...by P. Twitchum.....	46

TIGHTWIRE needs your contributions : Poetry, Sports, Fiction, Features.

Make sure your work is original or the author noted.

NATIONAL COMMITTEE
TO DEFEND DESSIE WOODS

P.O. BOX 92084
ATLANTA, GEORGIA 30314
404/ 588-1490

Dear Friend,

Dessie Woods had been in prison for almost two years now. On February 2, 1976, she was sentenced to a total of 22 years in one of the South's most notorious women's prison's in Hardwick, Georgia.

Since that time she has been the victim of brutal beatings, forced druggings, and nude solitary confinement.

Her Crime?

Dessie Woods dared to successfully fight back against one of the South's oldest traditions: White rape of Black women! Her assailant, a white insurance salesman named Ronnie Horne, was killed with his own unlicensed gun, and as it happens in so many cases, the victim, Dessie Woods, was made to be the criminal, and the dead would-be rapist was made to be the victim.

Dessie Woods would have never met Ronnie Horne on that hot June 17, 1975 night had she not been black and poor. It was for these reasons that she was hitchhiking on a mercy mission with a woman companion to Reidesville prison to demand needed medical attention for her companions' brother.

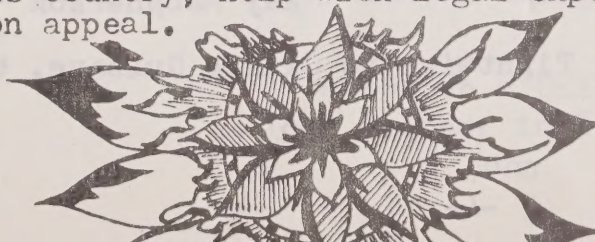
It was to be the most ill-fated trip of her life, one that would result in a terror-filled night of brutality and death, and one which would see her separated from her two children and the life and friends she knew, to be thrust into the callous barbarity of prison life.

During this period when the question of "Human Rights" seems to be on the international agenda it is only correct that the case of Dessie Woods' representative of Justice in the "New South", and for that matter, throughout the entire U.S. for Third World women, be put forward to all the peoples in this country.

After the case of Joan Little it had been hoped that such cases as Dessie Woods' would diminish. However, that has not been the case. Inez Garcia, Yvonne Wanrow, and Dessie Woods, are three of the cases we know of. There are probably others which have not got the publicity and therefore are unknown to us.

The National Committee to Defend Dessie Woods is committed to smashing such attacks, on black women once and for all. We need your support.

We need your support to free Dessie Woods who is being subjected to increasingly violent attacks in prison each day. We need your support in building Committees to Defend Dessie Woods in your community. We need your support for the September 4th mobilization to free Dessie Woods, in Atlanta, Georgia, and we need your urgent financial support so we can get her case out before the people throughout this country, help with legal expenses and, hopefully, bond her out on appeal.



LETTERS TO THE EDITOR

Dear Sisters at TIGHTWIRE.

Thank you again for your terrific March-April 1977 issue with the added bonus of WOMENS PEN. By this time I hope you have received copy of my own book which I donated to your library (WHY IS CANADA IN VIETNAM) and would you also let me know if the MAKARA MAGAZINE (1011 Commercial Drive, Vancouver) is also in your library as I understand they have donated it.

I am enclosing copies of material which you can feel quite free to use in any abbreviated form you may wish for your next issue.

As you can see we are a small but active group, and very concerned about everyone and everything in the prison scene. Although I am still barred from all C.P.S. penal institutions in B.C. as well as from the Women's Unit at Oakalla, some of our members visit regularly.

In addition to this present "illegal trespass on penitentiary lands" I also have pending a libel suit against the B.C. Pen for falsely accusing me of taking contraband letters from prisoners last October... and a Writ of Mandamus for 19th July to have my visiting rights restored.... such a waste of bloody time and energy. Much more useful to work on improving programs, etc. as well as long term plans to move the prisoners back into the community immediately instead of into institutions...

More another time. Meanwhile, keep up the good work -- others are hearing about TIGHTWIRE even when they are not allowed to see it... or are you allowed to send it to other prison libraries??

love to all,
for PRISONERS RIGHTS GROUP

Hello Claire,

We are already sending our newspaper to all the prisons across Canada. Thank you for the articles.

TIGHTWIRE

Dear Tightwire

Your paper is great I see it in the NAC Status of Women office. I've Can - Friends Service Committee subscribe and if you don't have Claire Culhane on you list i', sure she'd be very interested in receiving it, her address is 3965 Pandora, Burnaby, B.C. V5G 2A8. Enclosed a small contribution.

all the best
Kay Macpherson

We are already sending Tightwire to Claire Culhane, thank you for the contribution.

letters Cont'd

Edna Jansen, Public Relations
Editorial Committee "Tightwire"

Dear Ms. Jansen,

Thank you very much for your recent correspondence and the copy of "Tightwire" and "Women's Pen". Both of these publications were very interesting, and the literary magazine had some items which showed some very real promise of fine style. I applaud these efforts, and wish your group great success in these, and future endeavors.

I am directing that a set of the Holy Order of MANS publications be sent to you, for inclusion in your library. I have also had enclosed a brochure on our Discipleship Movement, for anyone who might be interested in the courses which we offer; these are offered at no charge to anyone in prison.

Good luck and God Bless you all. I am,

Very sincerely yours

Father Bartholomew Esposito,
HOM Director of Education

Dear friends,

Someone told us that you put out a really good newsletter and we wonder if you could send us a copy so we can take a look at it.

Ours is a project to start a native halfway house in the Toronto area. We are not having an easy time convincing the government bureaucracy that there is evidence of need for such a house. But we think there is and so we will keep on trying.

You might be interested in the attached "What the Questionnaires Show" and Bobby Woods' comments afterward because he and others have visited several prisons in Ontario and asked native people how they would feel about a halfway house for native people in the Toronto region.

Thanks for your interest and we look forward to seeing a copy of your paper Tightwire.

Sincerely,

Ann Buttrick

Dear Tightwire,

I am presently incarcerated here at the Southern Ohio Correctional Center at Lucasville and a friend of mine showed me your newspaper. I read it and enjoyed it very much, I thought it was excellent workmanship...

Strength & Unity
Your Brother in Chains,
John

Hello Ladies,

Recieved another copy of "Tightwire" and most interesting new addition, "Womans Pen". It is really enjoyable for me and others here doing time to read what you chickies have to say. It's all about "men" here and your words bring a refreshing taste of what we want and need in prison --- "Woman".

So we certainly do "dig" this femine touch your editions have layed - on our layer of civilization.

There are a whole lot of feelings in your words ladies and feeling is what seems to be such a part of doing time. Even the toughest cons break away from their image and dwell on just where this layer is at.

Inclosed are several copies of our prison "rag" "The Pioneer News". Which in my opinion does not compare in feeling and sensitivity as the words your two editions relays. But our few pages do tell of what's happening in this prison here, California's only completely minimum custody institution. Which comes a long way from our states badly acclaimed "regid" San Quentin.

Pass these papers around to the woman there, I know you always enjoy reading what's happening with us dudes in prison here as we do reading what you chickies have to say there. Whenever prison and doing time is rough and depressing. So we must always remember, IT WILL GET BETTER SOON.

Well darlings, keep trucking "one day at a time", and try and stay happy inspite.

"PRISON CAN TAKE THE BODY BUT NOT THE MIND".....IT IS WHAT WE ALONE CONTROL,

Love Ya all,
Steve Cantell
California Instut. For Men Chino,

TO THE EDITOR OF THE TIGHTWIRE

After reading your article on recreation and the lack of equipment, I came to the conclusion that the population may not be aware of what is available to them. Please print this for the benefit of the population.

On hand we have:

Basketball
Volleyball ----- including Uniforms
Softball

Floor hockey
Broomball
Bean Bag throw
Horse shoes

Badminton
Table tennis
Portable hockey set
Golf clubs & balls

Paddle balls & bats
Exercise Bike
Exercise rowing machine
New piano
T.V.
Tapes for Sound System
Gymnastic mats

Spring board
Vaulting-horse
Skipping ropes
Skates
Skis

Full set of Physical Fitness Testing equipment.
Swimming Program, which we hope to extend into November
Quiet games such as crib, chess, monopoly, scrabble, Yatzee, cards and many others including some in French. These can be signed out for your use.
We have all the tennis equipment and are eagerly awaiting for the courts to be paved. This has been requested along with the rolling of the grass for a miniature golf course.
Hurdles and high jump equipment is on order.
Films are shown every Friday.
Bingo prizes are provided by the Welfare Fund on holiday weekends. Approximately once a month a group performance is held in the gym, often it is a dance band. See Mr. Bennet for more information.
Streethaven is in every Monday night to assist you with hobbycraft.
Every Wednesday night E. Fry bring in entertainment or speakers. Contact Miss Bernatchez regarding Arts & Crafts courses and hobbycraft.

We are in the process of getting a full Physical Fitness program started. Come and join us. If we haven't got what you want, we'll do our best.

Let's hear from you. We welcome your suggestions.

Recreation Department

Dorothy Klassen, Supervisor
Maureen Benner
Ian Lyle

Hi, thanks for your information, but it still is not very precise. I checked out the inventory and also felt that I should let the public know what is really happening with this equipment, the subjects which are satisfactory I will not comment on.

Broomball: I have been here 16 months - it has never been played or taught

Exercise bike: it is broken and the new one is locked up; only in use for fitness tests.

Tapes for sound system: There are approximately 7 tapes available.

New Piano: but nobody to teach lessons

Portable hockey set: quantity=1

Golf club and balls: in quantity but no place to play it, there is a lot of space in the yard and a mini-golf course be built in it when?

Skates: 11 pairs available; but there hasn't been a skating rink

in the institution for several years.

Skis: 3 pairs of cross-country skis, which were purchased at the end of the winter last year. And were used once at the winter sports day.

swimming program: every two weeks only, few women are eligible to go it is very difficult to become involved in or enthused about a program that you can only participate in every other week.

Tennis: equipped, yes, but "eagerly awaiting" for several years for the courts to be paved.

I do not want to be destructive, but I feel that we should and could have as much as the men do. When you get sentenced in court by a judge he does not give you less time because you are a woman. So why should we be forgotten, because we are a minority: The female offenders are completely neglected by the fed. govt. in their budgets, and often money is misused in this institution by different departments for reasons like incompetence, lack of knowledge, and lack of interest.

D. F. Martin

Dear Frederica,

Thank you very much for last issue, plus your "Hi" note - nothing like the little personal touch is there? Particularly pleased to see that it is getting inside Dorchester. If you aren't already sending it to the following penitentiaries' libraries, but need a specific prisoner's name, just let me know and I will rush them back to you -- too good a production not to reach everyone everywhere.... (B.C. Pen, Mission, Matsqui, Williams Head, Mountain Prison, Oakalla, Maple Ridge - to name just a few...)

Enclosed you will find our leaflet for this year's NATIONAL PRISON JUSTICE DAY, which includes the favourable remarks of Andre Therrien himself. Do let us know if you participated? and did you last year for that matter??

Also enclosed you will find little press release of last Friday's happening. Same routine as last December's sit-in, whereby police called to remove the "trespasser". This time, with the added touch that the police reminded the director to touch my shoulder as he asked me to leave so that "assault" could be tacked on to the charge - even though I drew my shoulder away at the contact...more grist to the mill.

Do keep in touch so we can keep you up to date on the struggles here too- like protesting against male guards in woman's living quarters, etc. Idea even extending to putting female guards in men's quarters which is not welcomed there either.....

Keep well, keep up the good work too...

love to all,

Claire

Hi Tightwire,

Two new faces have appeared at P4W. Perhaps the most effective way to introduce these ladies to you is through the pages of the tightwire.

The Salvation Army has for 15 years visited the womens Pen. At least once a week. Mrs Greenwood, after 10 yrs on the job has been transfered to London. Mrs Hickson, in Kingston for 5 yrs is now in Victoria B.C.

As the new representatives we hope that we will be accepted and welcomed amongst you.

Mrs Dorothy Young, mother of 2 boys, has worked in Ottawa for the past 5 yrs. Some of you will remember that prior to Ottawa she was in Kingston, you will find her to be quick with a smile and eager to help wherever possible.

Mrs Hilary Jackson with her husband and 3 sons has just returned from a 4 yr. appointment in Rhodesia, Africa she is rather shy and reserved but really nice once you get to know her.

We will be working closely with Rev. Downs and we suggest that if you miss us on a Wednesday - but would like to see us about a particular problem you could ask Rev. Downs to let us know.

Are you aware of the services that the Salvation Army offers across Canada.

we will help you with

court support	-	court information
prisoner Liason	-	jail visitation
family contacts	-	pre release planning

after release aid, Council and guidance, community care facilities, community resource information, employment contacts, supervision of parole.

We are looking forward to meeting you all.

yours truly
Sally Ann

Dear Ms. Martin:

Congratulations on a very fine publication. "Tightwire" is read and appreciated by all members of my staff.

May you have continued sucess.

Yours sincerely
C. G. Rutter
Director, Inmate Affairs

ANOTHER INQUIRY..... ANOTHER REPORT.....

by: D. F. Martin

After reading the Report to Parliament made by the Sub-Committee on the Penitentiary System in Canada. I will relate to you a subject that I found of most importance.

In chapter 4- The Purposes of Imprisonment

Alternatives to Incarceration

section 189: "Society has spent millions of dollars over the years to create and maintain the proven failure of prisons. Incarceration has failed in its two essential purposes - correcting the offender and providing permanent protection to society. The recidivist rate of up to 80% is the evidence of both."

If the purpose of incarceration is to rehabilitate, the system is failing. In this institution they do not have any form of good therapy for the mentally disturbed even though there is a psychologist and psychiatrist, so you can imagine what they have for the ones with normal behaviour.. Also since I have been here i've seen people who have been released and then come back as many as four times. It is incredible and very depressing to see these women re-enter prison. There seems to be a great problem for the individual that is released on parole. A lot of women come back and have not committed another offense; they have simply not followed the rules and regulations of their parole officer.

As for the Recedivist it is a great problem, these people in general don't know the basic laws of survival; I feel that if they would have been taught at



their first offense of a better way of living and thinking, they would be more secure, more responsible and less emotional and by that, function better in society. As of now it is hard for a recedivist to get a job because of her record, and it is harder to keep a job... for the main reason that she does not like to work and does not care....that's what long terms of imprisonment do to a person.

There is no such thing as rehabilitation in prison, the individual incarcerated decides himself/herself if they want to change. So for the inmate who cannot make decisions, and who is not very intelligent or who already had a lot of problems outside and cannot come to terms with them; you can be sure that it will get worse in here. When somebody sees nothing wrong in coming back to prison; their values are obviously disturbed.

On to alternatives to imprisonment.

section 192: "Throughout this continent and overseas, innovative experiments in alternatives are being tried within the correctional services and after-care agencies. In St. Catherines the John Howard Society is experimenting with a program using what they call "restitution houses", where the offender can live while he works

to pay off his debt to the person he robbed or harmed. While he is in there, he can work productively to carry out family and other obligations. Alternatives must be sought for drug offenders both inside and outside prison"

I hope that in the near future the "resititution houses" will become effective all over Canada. This type of program would be ideal for offenses such as theft, break and enter and fraud. It would make the offender responsible for his actions and to society. Because in addition to financial loses, the damage done to the individual's family and social relationships, and to his future employment, must also be taken into account. The drastic changes incarceration introduces into his family life may often make it impossible for him to ever re-establish himself in society. One may become "institutionalized" to such an extent that, no matter what programs are made available, the offender will always end up returning to the institution because that is the one place where he/she feels secure.

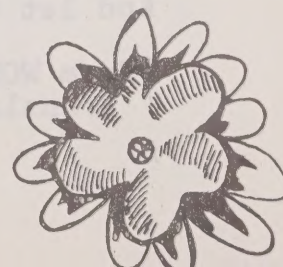
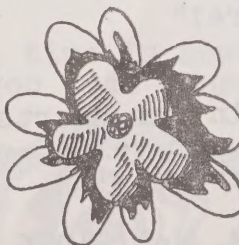
Section 197 "Nor does the victim derive any real benefit from incarceration of the offender against property. While he may draw some satisfaction from the knowledge that the offender is being punished, his loss all too often remains a loss. It's clear then, that incarceration is a drastic measure and must be used more sparingly particularly at the present time when our penitentiaries are so full of inmates that the C.P.S. finds it impossible to eliminate it's archaic institutions."

It should be the same for drug offenders, mostly drug addicts. Treatment should be provided

for them while they are in prison, or they could be sent for therapy in special rehabilitation centres. As of now treatment inside is non-existent, so most addicts, when they are released get back to their old habits, and eventually come back to prison.

The comittee does not recomend imprisonment for the purpose of rehabilitation "because it would imply that penal institutions are capable of adjusting an individual as if he were an imperfectly-operating mechanism and, through acting externally on him, can make him over into a better person". In addition, it is misleading to judges, offers a false sense of security to the public, is the source of confusion to correctional service personel as to their role, and is a false promise to inmates and their families. "We prefer to approach the problem with a new term - "personal reformation" - which emphasizes the personal responsibility of the prisoners interested."

It is evident that those parliament members saw prisons exactly like they are. The report to the parliament is solid and clear, and I am sure that all inmates across Canada, hope with all their might that the Minister of Justice Mr. Ron Basford, and the Soliciter General Mr. Francis Fox, will take notice of it, and eventually put some amendments in the criminal code and change the penal system with a more human and realistic approach.





"THE SONGS THAT WOULD NOT DIE"

BY: Hien Luong

Sister, keep singing!
In our hearts let a tempest blow,
In cut veins let the blood boil,
And let these chains crumble.
There they came, clubs in hand.
Not a sound in the ward.
"Who's been singing?" they asked.
Gnashing their teeth.
We stared at them.
And said not a word.
The blows started raining...
Bruised bodies, torn flesh,
You rose, sister, and your voice was fearless:
"Down with terror," you shouted.
Your hand was in mine.
And our strength was augmented tenfold
By the contact.

The thugs left in impotent fury.
Again laughter rose,
Mingled with our songs.
The next day, they picked their victims!
White-haired grandmothers,
Thirteen year old children.
"Who sang? they asked.
Again the blows rained,
Again not a word was said.
The martyrs fell unconscious.
Their friends nursed them,
Singing softly
Songs that soothed
Like lullabiés.

On their bloodless lips, again smiles blossomed.
The tormentors were powerless,
Against a smile
What use are fetters and chains,
No wall can stand in the way
When heart goes to meet heart.
Through the clinks, to a friend
Some comfort is quickly passed.
On the walls of every cell
The same words, and the same resolve,
Amidst the stains of blood:

"Let's resist the aggressors!
Let's defend our future!"

Sister, keep singing!
Let the tempest blow in our hearts,
Let the blood boil in our veins,
And let these chains crumble!

(From WOMEN OF VIETNAM, No.1,1975
Translated from the French text)





DISCERNMENT....

(ABILITY TO DETECT; ABLE TO DISTINGUISH; TRAINED TO DISCRIMINATE)

By: BILL WILLIAMSON

Can the sudden understanding of one word change what you are?
What you can be? Your very way of life?

Think of a few words which suddenly became important? Father. Sure that was enjoyable as we passed out cigars; but then came the day a small hand slipped into ours and Father became Pride, Respect, - and Responsibility.

Convict. The anger and resentments on the day we became so labeled will live with us a long time. Life as a convict became Boredom, Laziness, Anti-social. To look ahead was to see the road-blocks and difficulties in society to wearing this brand.

Discernment. To be able to see things. Learn to know the difference between things. Have the ability to analyze the difference. Not an important word in itself unless you use it in a particular sense: A TIME OF DISCERNMENT. Then it becomes really important. Can you honestly sit down and face a sincere time of discernment? Do you know what you are? Can you distinguish between yourself and those around you? Can you discriminate between those things you envy in others, and the things you admire in the way of life of others?

Discernment: An ability to Detect. The ability to look at yourself and see what you are, what you have to offer. A self analysis, a self inventory, to see what things you once had that you lost. To look at your limitations and decide what can be done to increase your abilities and education. The ability to look at things and the people around you, to see just what your place is - what your job is.

Discernment: Able to distinguish. Are you able to distinguish between those things you want to do; those things which you are able to do; those things which need to be done. Can you detect, after looking at yourself, that particular place where you belong; where your abilities can best be used?

Discernment: Trained to Discriminate. Can you now distinguish between those so grand aspirations, and your ability to put your abilities to work where they function best and accomplish the most. Can you distinguish between what you want to do, and the things which need to be done.

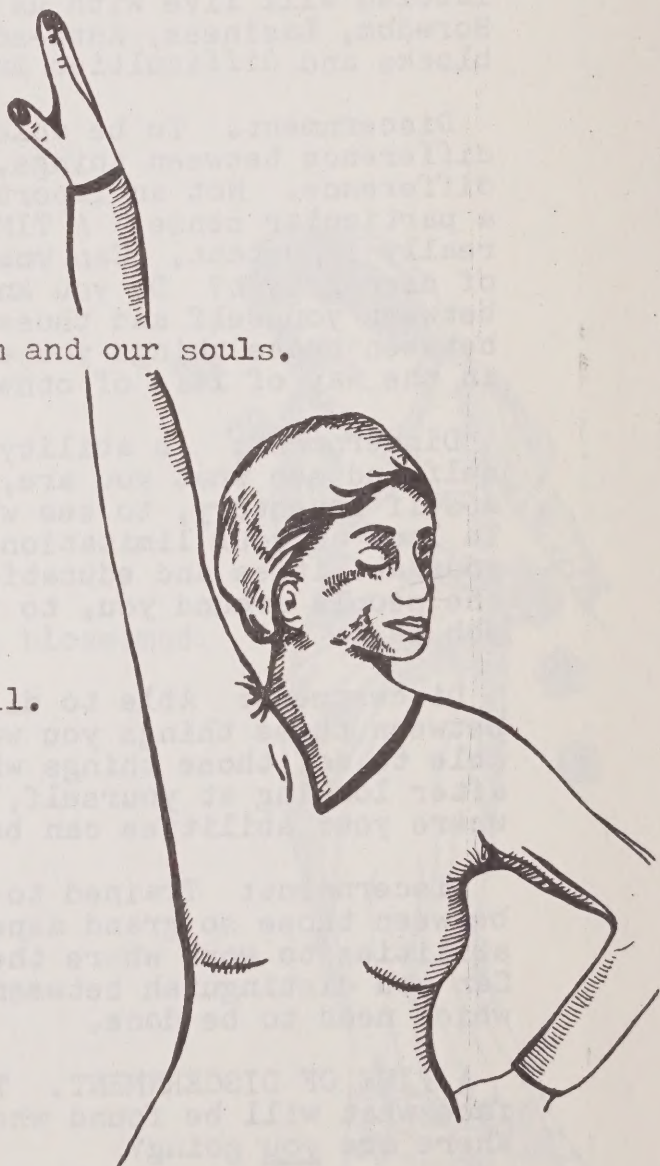
A TIME OF DISCERNMENT. That time is now. Are you big enough to face what will be found when you face your own honest appraisal? Where are you going?



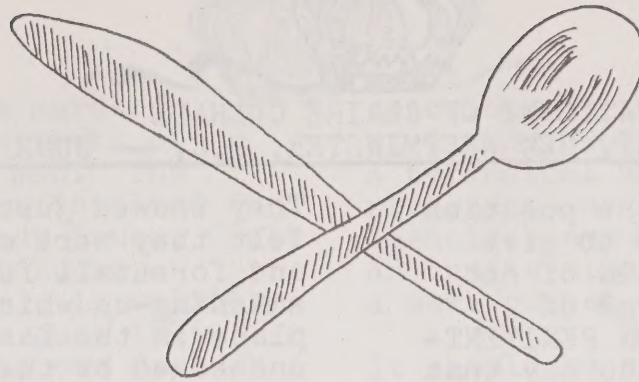


For Allan Dunn & All The Others

We fasted on the tenth of August,
As you did last year Allan.
I saw the list
posted on the dining room wall.
A reminder.
A memorium of those who died,
Or took their life.
In Canadas prisons.
Your name was there, with the others
April, this year it read.
Suicide, in solitary confinement.
You were younger than I,
My thirty years don't seem long
In one lifetime
Your sentence itself
Amounted to my lifetime.
It doesn't seem long ago.
In Winnipeg, with Fr. Tom,
Reckless youth
We had life, summer, freedom.
The younger kids, glue sniffers
and runaways.
We were their idols then,
and Fr. Tom would fight for our freedom and our souls.
Youth would not protect us forever,
We laughed and taunted fate
with daring schemes,
drugs and guns,
The toys of our youth
Become the tools of our trade.
We wanted only freedom and fun,
We have paid it's deadly price
I was in segregation in '69,
David died then,
Shot down after escaping a juvenile jail.
Fr. said he was stoned on glue.
My memory flashed to a happier time.
Putting phenobarbs in his eggnog,
to keep him quiet at Midnight Mass.
You always said, about doing time,
You wouldn't do life.
Did you want to beat the system?
Yet even one last time?
or was the reality of clipped wings
too heavy on a heart so free?
I didn't eat on Wednesday,
I thought of you and smiled.
If there is freedom in death
We will meet again



by: Nancy Ward-Armour



Jour National de Justice en Prison 10 Août 77

Aujourd'hui les détenues font le jeûne, et ici à la prison des femmes ce fut une réussite totale. Seulement deux détenues ont mangé (raison maladie).

Malgré un sabotage possible de la part d'un employé mâle de la cuisine, qui a déjà travaillé à Milhaven. Il racontait qu'un des types qui était mort en ségrégation "Bobby Landers" était un batteur d'enfants; "Vous n'allez pas crever de faim pour un batteur d'enfants" disait-il.

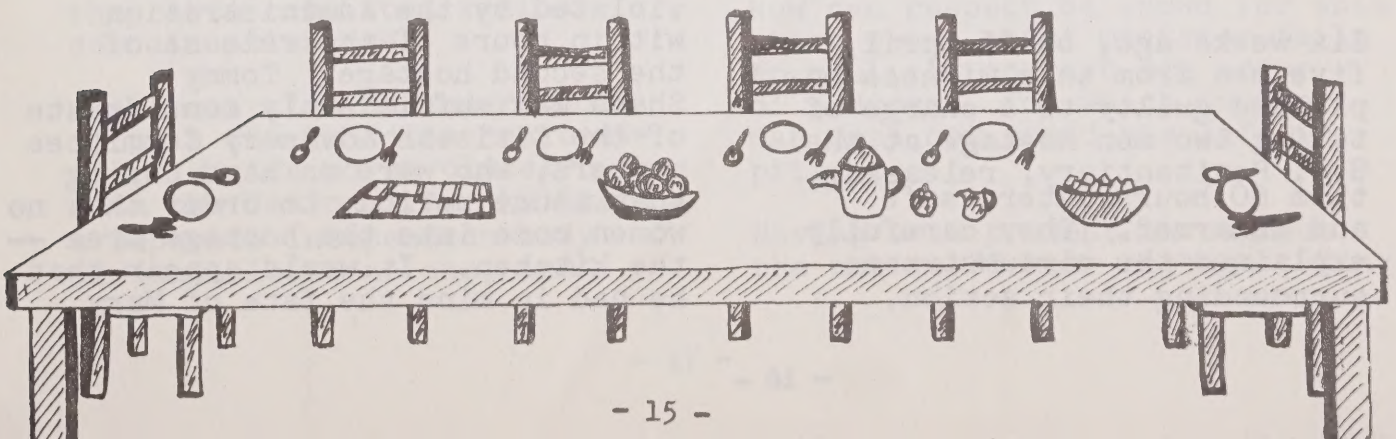
Alors il a fallu parler aux femmes, leurs indiquer que le thème de cette journée était l'abolition de la ségrégation et que d'après le journal Momentum de Milhaven, Bobby Landers était respecté des prisonniers et que c'était un gars qui travaillait pour la réforme du système penal.

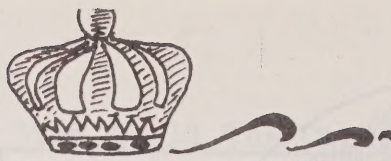
Il semble que chaque année certains employés essaient de détruire cette solidarité des prisonniers. Ce matin certains gardes de Milhaven on fait savoir à la radio "Que les gars ne souffriraient pas, car ils avaient énormément de cantine dans leur cellule. Malgré tout ça les prisonniers ont montré leur force commune.

Cette journée nationale de justice commémorait aussi tous les détenus qui sont mort en ségrégation. En même temps les détenus protestent de la lenteur du Solliciteur General Francis Fox et du Ministre de la justice Ron Basford d'étudier le rapport au parlement du comité qui a fait l'étude des pénitenciers Canadiens.

Depuis trois années les femmes détenues s'abstiennent de manger en cette journée de justice en prison; et chaque année c'est un succès. Félicitations.

D. F. Martin





STATEMENT OF CLAIRE CULHANE
PROVINCIAL COURT, NEW WESTMINSTER, B.C. -- JUNE 9, 1977.

Before outlining the position which I shall take to give substance to my plea of not guilty to the charge of ILLEGAL TRESPASS ON PENITENTIARY LAND, I wish to say that I reject the very fact that I am required by law to appear before this court for this reason. A brief review of the investigations made into the Canadian Penitentiary Service over the past forty years reveals a significant absence of any meaningful correction of the many injustices inherent in our prison system. In my view, it is the Canadian Penitentiary Service and the respective governments which have funded it over the years which should be standing at this bar today, not myself. I am referring to a prison system which keeps more people in prison, per capita, than any other country in the western world - 240, as compared to 59 in the U.K. and 200 in the U.S.A.

I consider myself innocent of any wrong doing and wish it to be recorded that I charge the Canadian Penitentiary Service in general, and the B.C. Penitentiary administration in particular, with gross mismanagement, unbelievable callousness and a less than human attitude in its dealings with prisoners, and friends and families of prisoners.

Six weeks ago, on 25 April, five men from this witness box pleaded guilty to a charge of taking two men hostage at the B.C. Penitentiary, releasing them 80 hours later, safe and unharmed. They carefully explained the circumstances surrounding their action.

They showed just cause why they felt they were obliged to try and forestall further uncontrolled smashing-up which was taking place in the East Block, strangely unchecked by the custodial staff -- an attitude which would later be used to achieve further punishments.

For the past seven months these five men have been held in solitary confinement, which means 23½ hours a day in a bare cell. Three have since been released into the general prison population, but two remain and have yet to be advised when they can expect to leave their present area. In a sense, they are being condemned by indeterminate sentence which has been poignantly compared to slow suicide. This decision has been rendered by men who I submit would not themselves have the physical or moral stamina to sustain 24 hours of the treatment which they hand out to others, with a ruthlessness which can be compared to their counterparts in Chile today.

At this date the two men still being held in solitary confinement at the B.C. Penitentiary are Ralph Saumers, 27 years old, sentenced to 35 years (later commuted to 25 years) for committing three thefts totalling less than \$3,000. and Thomas Shand, dubbed the ringleader of the hostage taking which released one man within a few hours as a gesture of good faith in the negotiation process -- negotiations which were to be violated by the Administration within hours of the release of the second hostage. Tommy Shand was sufficiently considerate of the Citizens Advisory Committee members, who were on hand during that tense period, to order that no women come into the hostage area -- the kitchen. It would appear that he had in mind the fate of Mary



Steinhauser whose murderer still walks the streets of Vancouver a free man. The prisoners who were involved in that incident, Andy Bruce, Clair Wilson and Dwight Lucas continue to be held in solitary confinement since June 1975, exactly 716 continuous days as of today.

It must be understood that it is possible for prisoners to spend every day of their penitentiary life in dissociation (a dishonest term meaning soul-destroying solitary confinement,) on the basis of an original decision of the Director of the penitentiary--not by any judge in a court of law. There is no due process of law within prison walls. It also needs to be added that Justice D.V. Heald rendered his judgement in December 1975 that solitary confinement, as practised at the B.C. Penitentiary, is "cruel and unusual punishment". To date there has been little done to correct the situation.

Basing myself on these facts, I submit that there are another five men who should be standing in this witness box, and I will name them -- DOUGLAS MACGREGOR, JAMES MURPHY, D. C. DOWSETT, ROBERT SWAN and HERBERT RAYNETT -- all officials of the Canadian Penitentiary Service, Pacific Region, and in naming them I am prepared to confront them in an open court of law with the injustices they have committed against certain prisoners.

What must also be understood is that the Canadian Penitentiary Service works closely with the National Parole Board, a separate independent body accountable to no one, and

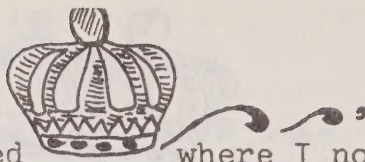
described by the Chief Justice of Canada, Boris Laskin, as "... a tyrannical authority... without precedent among administrative agencies, empowered to deal with an inmate almost as if he were a mere puppet on a string."

It should be noted that the Solicitor-General's office is in business of expediting the construction of the maximum number of penal institutions - 24 scheduled for the next 5 years, the first 3 happen to be in the Quebec constituency of the Solicitor General Fox himself. This is part of a drive to "boost the economy" we are told. What this really means in human terms, and in taxpayers' funds, is that increased prison construction keeps men like the five named earlier in salaries totalling hundreds of thousands of dollars annually.

Having asked to plead in a court which comes under the jurisdiction of the Minister of Justice, Ron Basford, places another obligation on me, namely to report how Mr. Basford extradited a man on the basis of an affidavit which did not have the signing witness present for cross examination, as is customary in law.

I refer to the extradition of Leonard Peltier, 32, an innocent man who last Thursday was sentenced to life imprisonment in the U.S.A. The witness in question, Myrtle Poorbear, has since publicly withdrawn her affidavit testifying that she had been pressured to perjure herself by the F.B.I. How can respect be shown for this court whose chief minister fails to publicly correct his error of judgment, for which another man must now spend his life in prison.

Having been present throughout the entire 80 hour hostage taking



incident, I saw men condemned to the most mindless forms of treatment, robbed of their self respect. I saw so-called lawbreakers incarcerated in the most lawless institution in the land where neither Building, Health nor fire inspectors are permitted to check and monitor the premises. While prisoners are expected to adjust to society's rules, little or nothing is said of the fact that these same prisoners must re-enter a society which cannot provide employment for over one million of its allegedly law-abiding citizens. I am compelled to ask if the Pacific Division of the Regional Office of the Canadian Penitentiary Service is addressing itself to this serious problem now that their staff has increased from six members to 112.

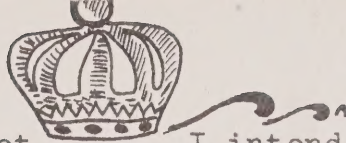
Ten years ago I found myself in a country torn by war and the greatest devastation of people and land the world has ever seen. In Vietnam I witnessed people imprisoned in cages, napalmed and tortured -- scenes which no human being should see let alone suffer -- and I was helpless to do anything against my own people who were making millions of dollars supplying the U.S. war machine. When I returned home I used every method at my disposal to tell people about it since the Canadian government denied me my right as an Advisor to present my report before the Subcommittee on External Affairs.

As I turned my concern to prisoners in my own country I found them also in cages, also treated like beasts, helpless and without hope. However, I am now back in my own country

where I no longer need to consider myself helpless. While I do suffer to see such conditions, I can find ways to Challenge those who are responsible for cruelties wherever I see them. Here, in my own country, I am not obliged to watch silently while one class of people inflict so much suffering on another. I am back in my own country where I can be part of the struggle for social change, which is sharpening every day.

In my view, there is an irreversible trend in the world today which is saying ENOUGH -- NO MORE to needless suffering. In this country we do have the resources to provide everyone with the means for a decent, useful life. We must also find a way to transfer this perspective to those who are presently detained in penal institutions -- to reevaluate their present status, to allocate them to areas where they can discharge their debts and fulfil their responsibilities under a community-supervised program. Every man, woman and child in this country must have the opportunity, whether temporarily detained or not, to live like a human being.

In the course of defending myself I have seized this opportunity to indicate alternatives to the present disaster called the Canadian Penitentiary Service, and I shall continue to use every opportunity to do so. I shall continue to fight for the restoration of my visiting rights which have been cancelled in every federal penal institution in this province since the December 15th incident, presumably for "security reasons", they say. However, I do not appear to pose any security risk to the provincial



institutions where I am not only free to visit but am able to act as liason between prisoners and administration, in many instances with very positive results.

I would urge the media to report this accurately. I would urge every one present to join me in changing the present structure so that men and women who are today sitting in solitary confinement in Canadian prisons be immediately returned to the company of their fellows, so that every opportunity be provided to all prisoners to re-enter society as useful members, at the earliest possible date, so that there be an end to the terror which is destroying so many prisoners every day and night of their incarceration, some of whom are mere children - count the number of 16 year olds in the B.C. Penitentiary.

We must all accept our responsibilities to see that the community which we share is one that has room for all of us, prisoners, non prisoners and ex prisoners.

I plead not guilty to the charge of illegal trespass on penitentiary land. I maintain that I had a moral responsibility to try and engage the acting director in useful dialogue in order to ease the growing tensions amongst the prisoners during that particular week.

I intend to continue to use non violent means at my disposal to help abolish the present crime system and to help institute a moral, constructive and humane method of dealing with the community's problems within the community.

June 14 - judgement rendered

verdict: guilty. Crown, in rattling off maximum sentence (6 mos. and/or \$500) also added the fact that on June 9th, date of trial, there had been a 24 hr. general strike at the B.C. Pen Judge made no comment but suddenly needed an extra full, long 3 minutes to reach his sentence: \$25.00. I then refused to pay it since it would obviously negate my not-guilty plea. He then ruled "no default" - and we all went home free.....



FUTURE'S MAGIC

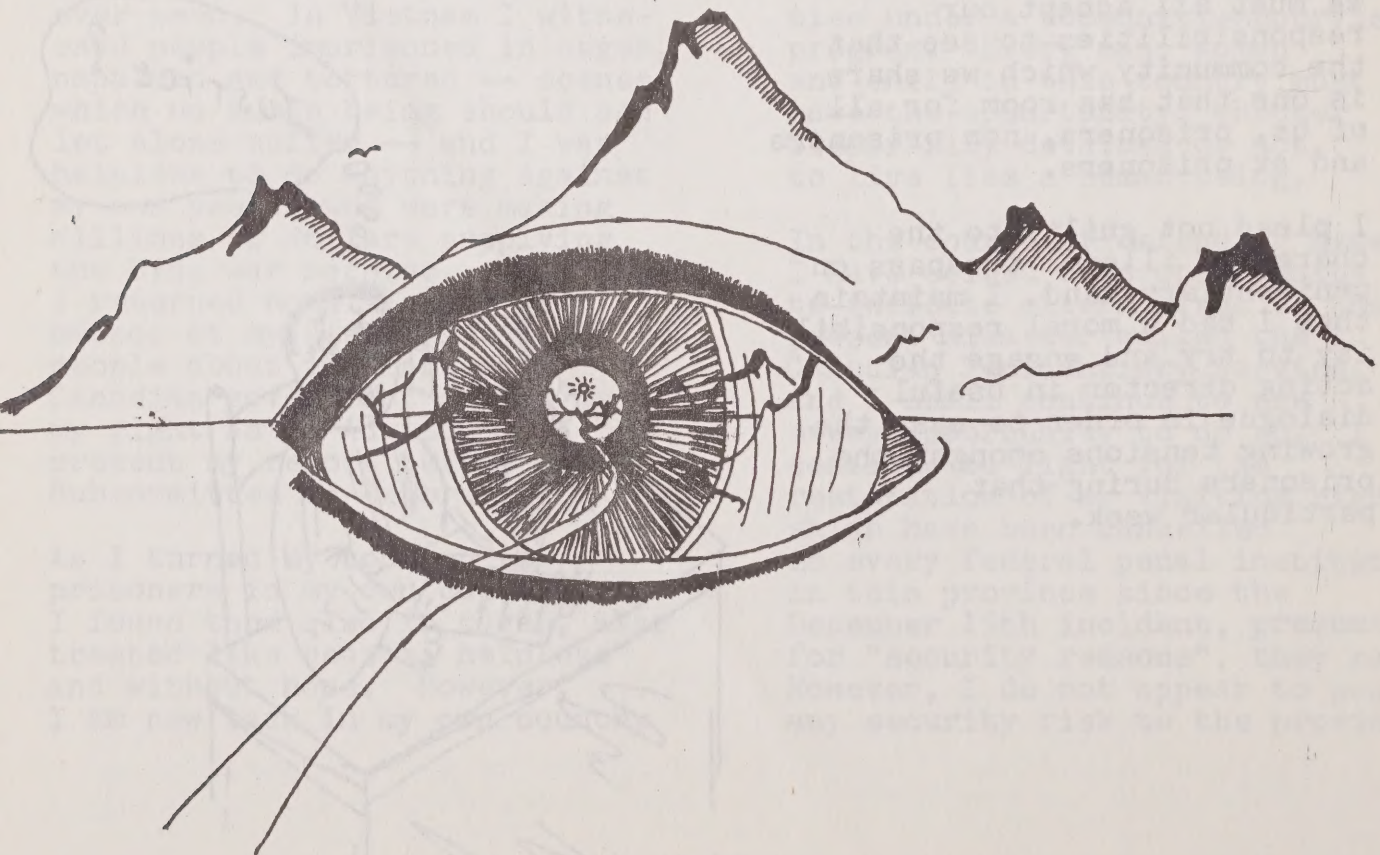
by Ted Houser
McNeil Island Federal Pen.

Come and sit and take my hand
And look into these saddened eyes
See the spark of misery fanned
To flames and fed by prison's lies

For these few hours we can live
Again those times that were so good
And remember love we tried to give
But lost somewhere, misunderstood

So spin some dreams of silken strands
To ease the darkness of this place
To touch on near and far away lands
And rest ourselves from life's cruel pace

When dreams and memories find their end
And time has come to take your leave
Our hopes and prayers we also send
In future's dreams we must believe



P-R-I-S-O-N IS

Prison is a wall of ignorance and hatred in the steel bars of confinement.

Prison is a long or short divorce from liquor, drugs and illegal enterprises.

Prison is not something you buy in the store, but Prison is a package of time.

Prison is a locked cage of darkness.

Prison is a mist of hostility.

Prison is solitude and broken dreams.

Prison is wet tears of loneliness.

Prison is no bottle of wine and roses.

Prison is not what God created.

Prison is finding no key to freedom til' the end of your time.

Prison is learning the art of criminality.

Prison is not rehabilitation unless you want to be rehabilitated.

Prison is no mail from your friends, and

Prison is where you find out who your friends are.

Prison is here today and will be here tomorrow, maybe forever...

S-E-G-R-E-G-A-T-I-O-N IS...

Segregation is golden rays of resentment.

Segregation is locked doors and peaceful, cold quietness.

Segregation is a throne of dying feelings.

Segregation is lonely music with a tune of sadness.

Segregation is raving madness.

Segregation is long nights and dreams of no dream.

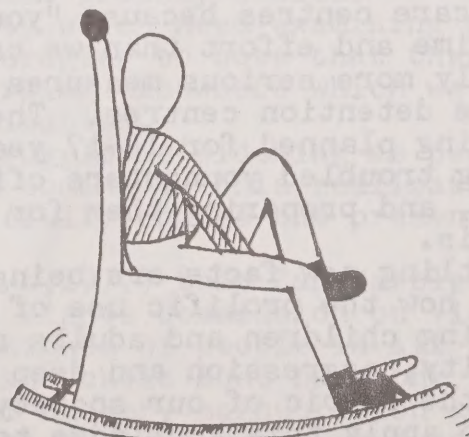
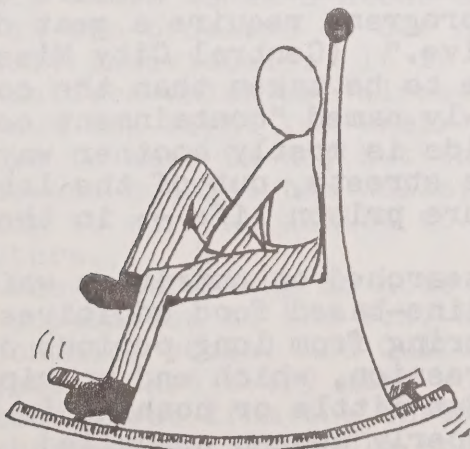
Segregation is twelve hours of restless boredom and

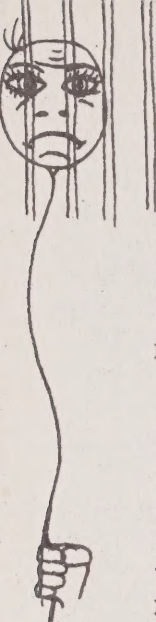
Segregation is another twelve hours of sleepless sleep.

Segregation is being alone together.

Segregation is not a friend of mine...

Written by: Lisabeth Anaskan
submitted by Mrs Hart.





WHY PRISONS, AT ALL?

Into the discussion of the incarceration of women (imprisonment), let us introduce two new concepts - decarceration (release) and excarceration (keeping people out of cages). Nowhere are the contradictions of our society, which weigh heavily against women, more evident than in the prison scene.

Simply because, in Canada there is only one woman on an average for every 40-50 men in prison, the resources deployed for their care, job training, medical attention, etc. are correspondingly diminished. 'There are so few of them, it would hardly pay to institute such programs' is the common complaint. However, the time is long past when mere reforms are going to solve the problems of the mother in prison for a petty misdemeanor involving 'just a few months sentence' which separates her from her children - petty dismearor often defined as in the recent sentencing of a Vancouver mother of two children for 30 days for working part-time to supplement her \$369.00 welfare monthly income, while the same week a lawyer was sentenced to 90 days to be served on alternate weekends for embezzling \$300,000.

What must be recognized is the level of degradation and dehumanisation prevailing in B.C. womens prisons where male guards stroll through open areas which women are obliged to use for their toilet facilities - a practice condoned on the assumption that 'the girls like having men around.' Where paternalism is practised to the point of absurdity -- witness the pride with which Mr. Eurns (warden at Cakalla's Women Unit) boasted to the writer "...things are so good here, why, we even had a girl (:) phone us from downtown a week after her release begging us to come and get her to bring her back..."

There must also be a recognition of the need to support the struggle of women prisoners to improve their immediate conditions within the context of the struggle for social change in a society which tolerates a suicide rate amongst prisoners which is 12 higher than the national level -- where the suicide rate amongst young people (10-29) in B.C. alone more than doubled in the past 12 years -- where three young girls committed suicide in Vancouver area within one month (Lori Niles, 16, hanged herself in the RCMP Courtenay cells on March 14; Susan Bochon, 14, on March 29 jumped to her death from Boundary Road Overpass 8 days after a first attempt; and Janis Hauser, 16, plunged from Lions Gate Bridge on April 29) only to be followed in the news by the announcement of closure of more youth care centres because "youth programs require a geat deal more time and effort than we can give." (Central City Mission, Vanc.)

Surely more serious measures have to be taken than the construction of more detention centres. The newly named "containment centres" now being planned for 14-17 year olds is mostly another way of keeping troubled youngsters off the streets, out of the labour market, and preparing them for future prison life -- in the final analysis.

Startling new facts are being researched on nutrition which reveal how the prolific use of aniline-based food additives are producing children and adults suffering from long periods of hostility, aggression and deep depression, which end up ripping apart the fabric of our society. But little or nothing is being done to apply this knowledge to properly assess so-called "criminal types."



What must be clearly understood is that the present prison system is not working. Not only because it is mainly a catch-all for the most incredibly unjust and inconsistent sentencing procedures -- there are over 6,000 laws on the books, excluding provincial and municipal laws, for which people can be charged, the majority of which can be considered 'victimless' and which could best be dealt with at a community level, where restitution could be arranged, and best of all, reconciliation between offender and victim encouraged, a method which prisons certainly do not provide -- but because the very nature of prisons demeans a person in their own eyes.

Accepting the estimate of those who have studied the subject, 80% of the present prison population do not require institutionalization but could be released into supervised community work or school programs, thus eliminating the need to build a single new prison. There would then be adequate room, funds, staff, trained personnel to help the remaining 20% who have committed more serious crimes, to be re-evaluated, medically and psychologically treated, and prepared for early re-entry into useful roles in society.

However, this is all predicated on the fact that the society which consigned them to prisons in the first place is a fit place for them to return...a country which now boasts (sic) 1 million unemployed, the majority of whom are under the age of 25, obviously has little to offer in the way of "rehabilitation opportunities" to those most desperately in need of useful employment.

So, we come full circle back to "why prisons at all?" when the real problems are in a country which has 24 more prisons on the drawing board for the next five years (the first three of which are being built in the Quebec constituency of Francis Fox the Solicitor General of Canada -- prison contracts mean jobs mean votes...) but cannot find funds for more hospitals, low rental housing, public transit, etc.

An increase in the number of women registered at Kingston Prison for Women (increased 179% from 57 in 1970 to 159 in 1973,) is not just another statistic. What we are considering here are women who are part of a population which 'stays in jail for lack of bail money, and are therefore three times as likely to be convicted. When convicted, they are twice as likely to go to prison as one who is not behind bars in the first place.'

Decarceration and excarceration therefore add up to abolition of prisons, once we understand that people are persons even in prison, a place where women's needs are most grossly denied.

It is the problems of our society which need examining and changing, not only individuals. It is encouraging to note that there are alternatives which are already working elsewhere which we must seek out and fight for their application.

There is much to do, but the struggle is widening as people, both inside and outside the walls, are coming to this realization and joining to work as allies to peacefully change the present social structure.

It was interesting to note (May 6, 1977) that Canada pledged its full cooperation to the U.N. Human Rights Commission on Violation of economic, social and Cultural Rights of people in all countries... 'believing that every man, woman and child must have the right to live in peace, free from the threats of hunger, malnutrition and disease.'

Nowhere does this noble sentiment exclude men, women and children who are temporarily detained, from enjoying these rights.

by Claire Culhane (Prisoners Rights Group)
May 27, 1977.

REPLACE PRISON FOR WOMEN NOW

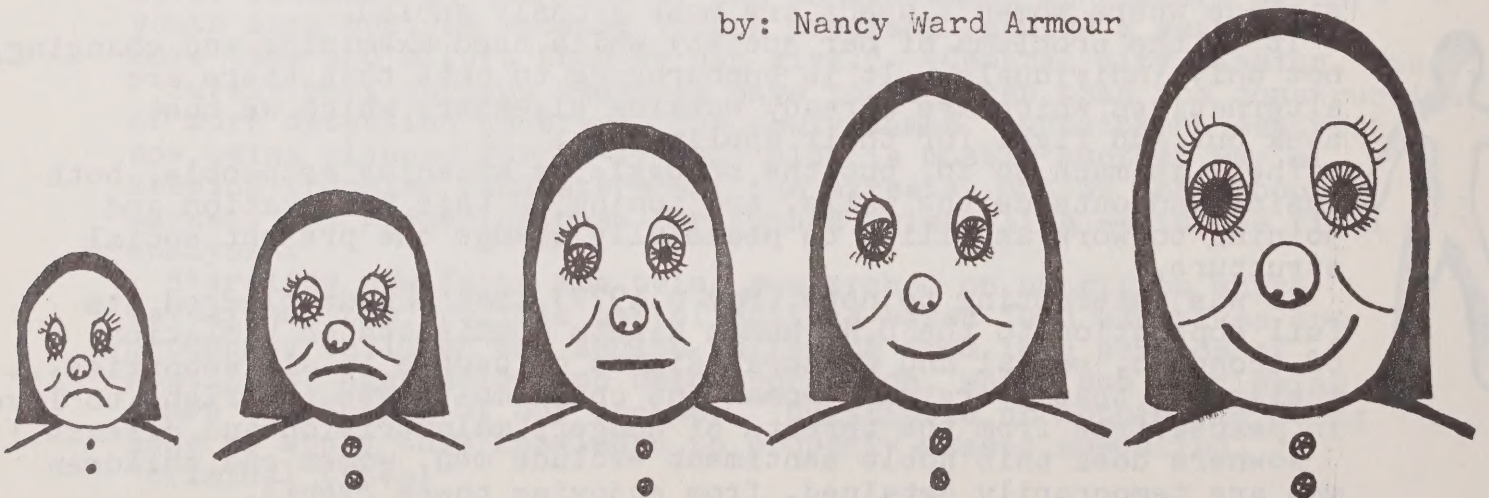
The federal female offender needs three new prisons. One of these must be built in western Canada to allow those women some sort of visiting privilege with their children and families. The Eastern Provinces need the same, and the third for the Ontario Quebec region.

These smaller prisons based on Community Corrections Units are ideal for the female offender. There need be no feasibility study as it has been studied, recommended and tabled for years.

The women will accept nothing short of this. We have waited too long, been promised for too long, and now our demands must be met. These smaller correctional units are less costly to build and operate. They need less staffing and of course will cost the taxpayer less than it costs them to keep us here.

Our Solicitor General has again failed the women in his prisons. It is time for change Mr. Fox, the change must start with this institution.

by: Nancy Ward Armour





IS COMPLACENCY THE ANSWER?



What must be done to draw attention to the Prison for Women? For years the women have complacently waited for change to come. We have all the store-bought fringe benefits any prison could hope for. We still do not have what is basic and essential in the way of accomodation.

The parliamentary subcommittee is the last of many such committees which has condemed the antiquated facilities here and the need for several smaller correctional units throughout Canada to replace this institution.



Again we are being shelved for further study. Further study had proven in the past to mean, "forget it".

More urgent in the mind of our solicitor general is a prison for sexual male offenders. What about the female offender Mr. Fox? Need we engage in a full scale riot before we are considered? Is your office's view one of, "forget the women, nobody hears them?"



I wonder why we don't give the P4W to the sex offenders in question? This is Maximum Security. The women are approximately 90% minimum security. Build the facilities for us and give the men this joint for a change.

The solicitor generals department, like most every phase of government has proven itself discriminatory to women. We women are getting tired of being patient.

FACT: It costs less to house inmates in a minimum security unit.
FACT: The women won a minimum security annex through illegal sitdown in 1974. It was closed for lack of funds a year later.

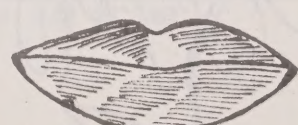


Warren Allmand, when he was solicitor general was the first to hold that office who visited this prison. He promised the inmate committee a written answer to our questions about re-opening the annex and other pressing needs for women. It was an empty promise. We never heard from him again. Politicians and empty promises. These are the issues that breed violence prisons. This prison has a reputation for lack of violence. We wait patiently and listen to promises spew forth from the mouths of politicians. History does repeat itself. Women are not always complacent. The situation existed at the Mercer Reformatory in Toronto. It was finally gutted in a riot that rocked the history of female complacency. The building of Vanier was a result of that riot. Do not think women will wait forever.



We have been patient, we have been quiet. It is your turn MR. FOX!

by: Nancy Ward Armour



LADY JUSTICE

Lady Justice clean your mouth
Your breath lies thick and stale
You weighed my fate on rusty springs
And shamed your famous scale

Your fetid kiss has singed my lips
And strummed my strings of fear
The sound rebounds, echoes and rings
And yet you fail to hear

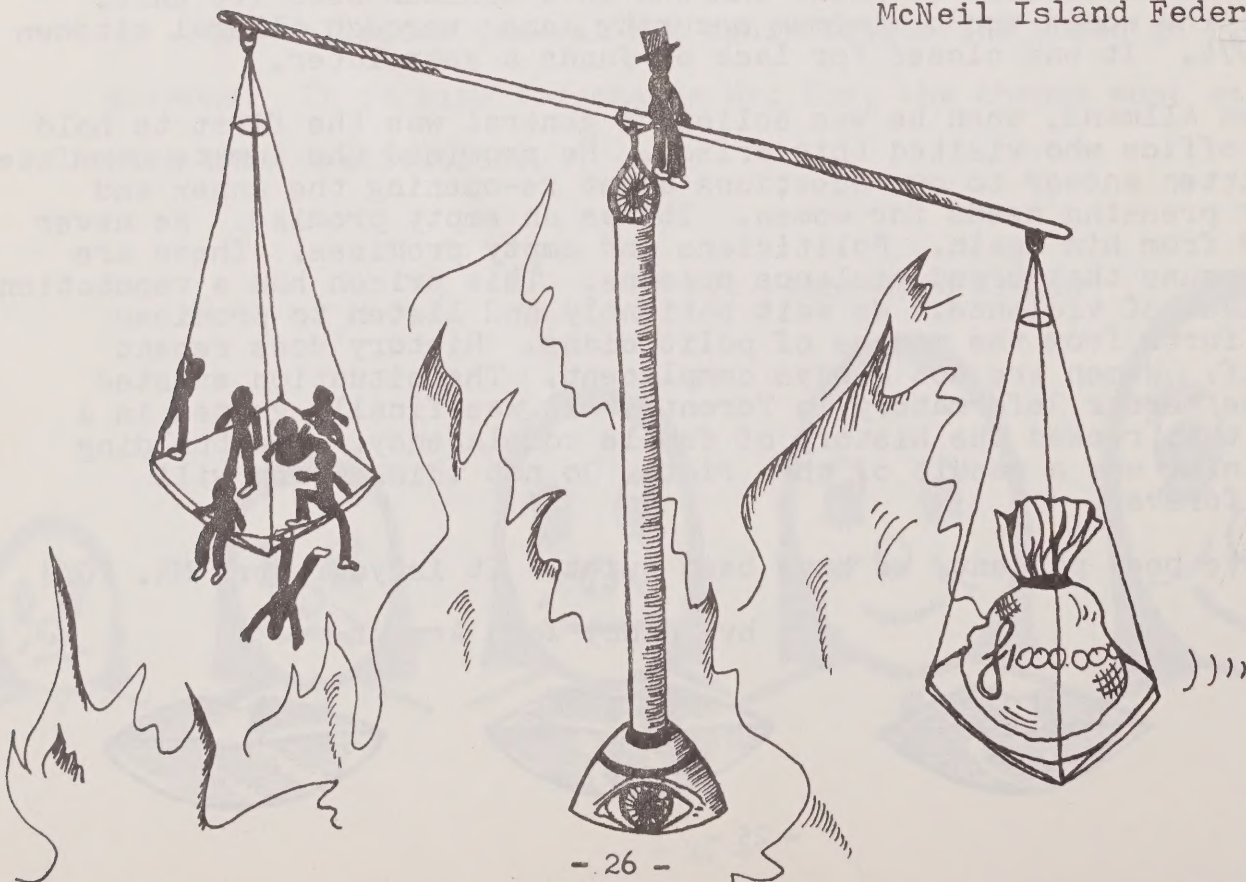
So Lady Justice hold your head
Not quite so high and proud
The voices raised in your support
Are now, not near so loud

I've done some bad, I've done some good
A saint is what I'm not
You took the bad and called them facts
The good you have forgot

A man will clutch at many things
At wisps so thin and frail
To odors sprung from angel's tracks
Or ice from last week's hail

I placed my trust within your hands
My wounds lay bare and sore
You sprinkled salt and proved yourself
To be a common whore

by: Ted Houser
McNeil Island Federal Pen.



Rehabilitating The Youthful Offender

A Farce Within Our Penal System

by: Terri Leclair

I was not going to write for this issue this month - that thought process changed though when I awoke from an afternoon nap this afternoon and found a new innocent looking, child like figure sitting at my table. I tabulated a quick count in my head and realized I now had six youths in my group counting this very young newcomer. I made myself a cup of coffee and sat down at the table. Rubbing the sleep from my eyes I kept stealing glances at this very young girl - she really did look so very young - I learned later that she had just turned eighteen! Lord, whats the Federal Government running here - a "prison for women" or a "prison for wayward children?"

Already she was engrossed in a game of cards with one of the other youths from the table, and I couldn't help but note how well she "just" about made herself fit in - her soft brown eyes gave her away though, because they reflected the uncertainty and sadness that was being registered in her heart.

"How ungodly sad!" I thought to myself, "Someone else's child has made the so called big time - she has abruptly forfeited her childhood for the harsh realities of adulthood in a prison just as many other youthful offenders before her have done.

Our prison (men's and women's) house many emotionally disturbed kids who have no dam business being in prison. The judges that sentence these emotionally disturbed youths to prison no doubt feel very strongly that these kids will be taught right from wrong, will become stabalized and in general will be put back together - in other words they will become rehabilitated.

What a farce, and how very disturbing it is to realize that our society really believes that the youthful offender will acquire a positive attitude, will administer and receive trust, and will obtain a keen sense of genuiness in such a traumatic atmosphere. Society seems to forget the very strong emotional needs of the youth who is still growing physically and mentally - they forget that these youths are still going through a very impressive and inquisitive learning process - their hearts and minds are open to "the power of suggestion" and all too often these kids consume and digest the wrong types of information, thus eliminating any hope of rehabilitation.

This brings me to the point when I feel I must explain why I feel "Rehabilitating the youthful Offender within the Penal System is a farce".

To rehabilitate is to bring an individual back to a healthy condition or to a state of useful activity through treatment, training etc.
Penal is designed to impose punishment; system is an orderly



working totality.

Now by joining these three phases together they read; to rehabilitate is to bring an individual back to a healthy condition through treatment and training in a penal institution, that is designed to impose punishment, in a system that is an orderly working totality.

Quite a mouthful isn't it? Sounds a bit confusing too doesn't it? Well it is confusing, and thats about how things are run within our penal institution. ~*~

Penitentiaries fail miserably and hopelessly in the rehabilitating of inmates. They fail by mixing the usually very young first offender in with the other habitual offender; they fail because of the illegal flourishing of drugs within institutions; they fail by overcrowding prisons beyond their capacity; and they fail because they are designed for punishment not treatment.

It is very disturbing when the youthful first offender, with little or no record, is placed in a penal institution with the hard core criminal element. These kids do not have a "hope in hell" of coming out even half as "together," as they were when they went in. It is a whole new ball game now. They have to play by the rules of the criminal's code. If they don't follow their new group norms they'll find the pressures could be very severe; so severe they have to be housed in a segregated area. There are no off shades of grey where the inmate's code is concerned; it is either black or white. Their way may not always be the right way, but it is the only way. Their rules are harshly defined and very much to the point. When the young first offender is admitted to a penal institution he sometimes goes through a living/hell. There are times when the rest of the inmate population may test him with mind blowing head hassles and put him in situations that could lead to trouble with the guards. This is the way the inmate population determines if the youth is "solid" or not. By being "solid" the young offender proves he is not a fink or a guard lover. Right away the young offender is faced with the option of abiding by the rules of the institution, or the rules of the criminal's code. It only stands to reason that nine times out of ten he will abide by the criminal's code. He has to live with his fellow inmates twenty-four hours out of a day. He does not have to live with his guards. He sees them briefly at the lock-up, meal times and when he's escorted from one area to another.

The stage is being set for the young offender, and the gap between society and the inmate is being rapidly widened.

Prison life fast becomes desolate and obsolete. It is a very real world all of it's own to the young offender. He finds it terribly trying and difficult to visualize the end of his own private nightmare. In this type of atmosphere there is little use in trying to reach him. He does not care what society thinks or feels towards him. Even if he did care he's in no position to let

his feelings be known. What his peers think of him is what counts. He has to see his way through this nightmare, be it good, bad or indifferent. The decisions he makes will create the person he'll be upon release. Rehabilitation will play no part in his change of attitude.

Roy McMurtry, national director of the St. Leonard Society said;

...The system was almost a total failure in it's ability to reduce crime. Canada has about the highest per capita inmate population in the Western World. Eighty per cent of those released from prison eventually return.

He lays some of the blame on the infernal practice of pulling young first offenders in with the hardened criminal.

Overcrowding is a substantial factor in the non - rehabilitation of the inmate also. Upon entering prison the inmate forfeits his individuality, his pride and all his rights. He forfeits his name for a number, sometimes wears a uniform and forfeits any responsibilities he may have had on the outside.

Overcrowding places stress on the work departments and programs within the institution. There are just not enough work areas for the inmate to participate in and keep himself busy. It is impossible to keep inmates busy in an institution that houses anywhere from four to six hundred inmates as in men's prisons and as in the women's prison, anywhere from ninety to a hundred and twenty-five inmates. It is almost impossible to reach an inmate or even begin to try and rehabilitate him under such conditions, not to mention the fact that every classification officer has anywhere from thirty to fifty inmates on his or her case load. Often with case loads such as these it is very difficult for an inmate to get the individual help and attention they need. Much too often an individual becomes lost in the shuffle.

Mr. Benner, the warden in 1974 of Bowden Institution in Alberta said;

... 150 inmate capacity is the proper size for a jail. What can you do with a mob of 400 under one roof except house them and exercise them?

One of the biggest farces pertaining to rehabilitation is the illicit use of drugs within prisons. Nobody tries to deny it and nobody seems to be able to prevent it either. Inmates on drugs can be very aggressive, unruly and harmful to themselves and to others. They will often take anything that allows a break in their dull routine, or takes them mentally from the prison for awhile; The worst part of all this, is the young offender "turning on" probably for the first time. Also there is the inmate who had aims and objectives. He finds himself caught up in the vicious circle, and all his good intentions go out the window. That "for the moment high" also sends thoughts of rehabilitation out the window. Its pretty difficult to think of reforming when you

are experiencing a very pleasurable existence; even if that pleasure is only for the moment, its very real - more real than anything else has been for a long time.

Mr. Chitty, warden in 1975 of Joyceville Institution, Kingston Ontario says;

... A high percentage of inmates were involved with drugs on the street. My main concern though is with inmates who turn non-users onto drugs. Someone can say to an inmate, "try this acid and he does." He finds himself on a trip. He's able to identify a way of doing time without being in the institution.

What else can I say pertaining to the rehabilitating of the youthful offender? I have touched lightly on three main issues of concern, and any information I have put forth springs from personal experiences and materials I have read.

I personally feel there is no such commodity as rehabilitation - especially within the penal system - especially for our youthful offenders. It really is absurd to believe that rehabilitation could take place in an institution primarily set up to instil punishment. Besides if there is rehabilitation and if it is to take place, it has to come from the individual themselves. Often a helping hand has to be administered, and a sense of direction has to be shown to the troubled youth. Also feedback and follow - ups must be continually in process in order that the youthful offender may acquire a sense of accomplishment. They should never be made feel that they are unacceptable as a person, but instead only their behavior is unacceptable. This type of individual treatment and planning is the only possible way that our youthful offenders could keep the harvest of rehabilitation in our penal institutions - our penal institutions do not offer such constant and individual treatment though, and therefore the penal institution does more harm than good.

Rehabilitation has to be brought on and put into action by being honest with oneself; it has to be a shared act of give and take. But most of all you have to be able to change your way of life, and take on a new role, you have to believe in yourself, you have to have the courage of your convictions. For those of us who have experienced a great deal of prison life the latter paragraph wouldn't be so difficult to put into practice, because we either have a fair idea of who we are or we most definatily know who we are! The youthful offender does not have a true conception of who they are yet, and to put them in a prison environment is a harsh and cruel way to eliminate a problem.

On that note, I shall close for this month and may I suggest that you become a little more involved and caring towards our disturbed youthful offenders - please don't wait until trouble lands on your doorstep or involves someone dear to you. Then it is too late.

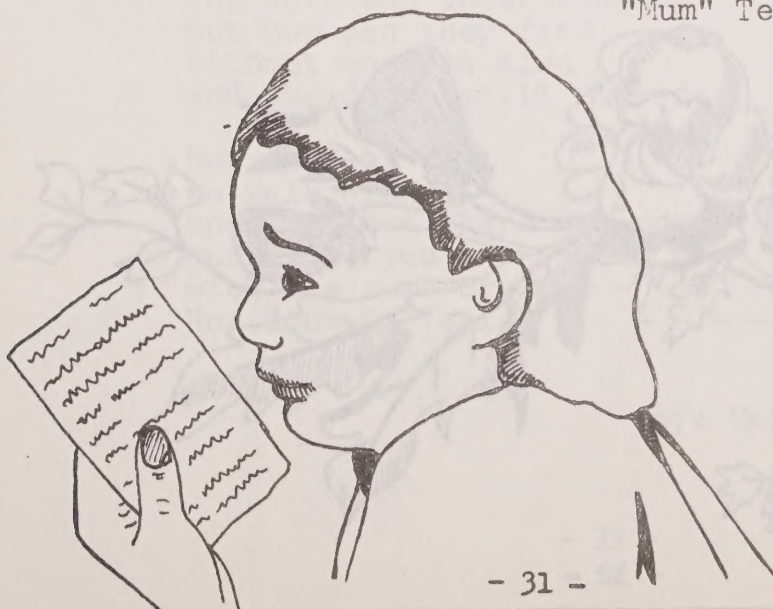


I dedicate this page to my kids,
Donna, Marlene, Rita, Debbie, Jenny, Carole and Susan.

Did you know that

1. As long as a man has hope no situation is hopeless. Hope survives ideals, renews dreams, revitalizes visions. Hope seals the peak, wrestles with the impossible, achieves the highest aim. Hope sees a light where there isn't any. Hope lights candles in millions of despairing hearts. Hope comes first, life follows. Hope gives power to life. Hope rouses life to continue, to expand, to grow, to reach out, to go on.
2. To be a friend a man should start by being a friend to himself, by being true to his highest and best. He should be responsible to the dreams and aims of others and should show sincere appreciation for the contributions others make. He should be tolerant, knowing that all men stumble now and then. He should go more than halfway with his fellow men. To be a friend a man should believe in the inherent goodness of men
3. Part of being human is being understanding. It is sad that where others are concerned we often turn our backs, and hope by ignoring the problem it may go away. We are inclined to excuse ourselves from someone's problems, because we make ourselves believe it is none of our business or because at sometime in our life people have turned their backs on us. I would hope though that because you and I know what hurts and careless attitudes towards an individual can create, that we'd be more willing to clasp the hand that reaches out. Please always remember my "little ones," that if someone reaches out to you, it is because to them you are approachable and in you they see qualities that they can relate to, they feel a glow of warm affection and a ray of hope and trust - and how do I know all this? I know, because it is what you all showed me when our hands first touched, and entwined sealing an unspoken bond of love, faith and trust. I have learned from you and you have learned from me and in parting may I make one last suggestion "do unto others as you would have them do unto you."

love always
"Mum" Terri Leclair





I MISS YOU

By Ted Houser

McNeil Island Federal Pen.

I gave you love
and watched you grow
Saw the wonder eyes
that learned
Felt that special
warming glow
That fathers feel
but rarely show

For fear someone will
see they've yearned

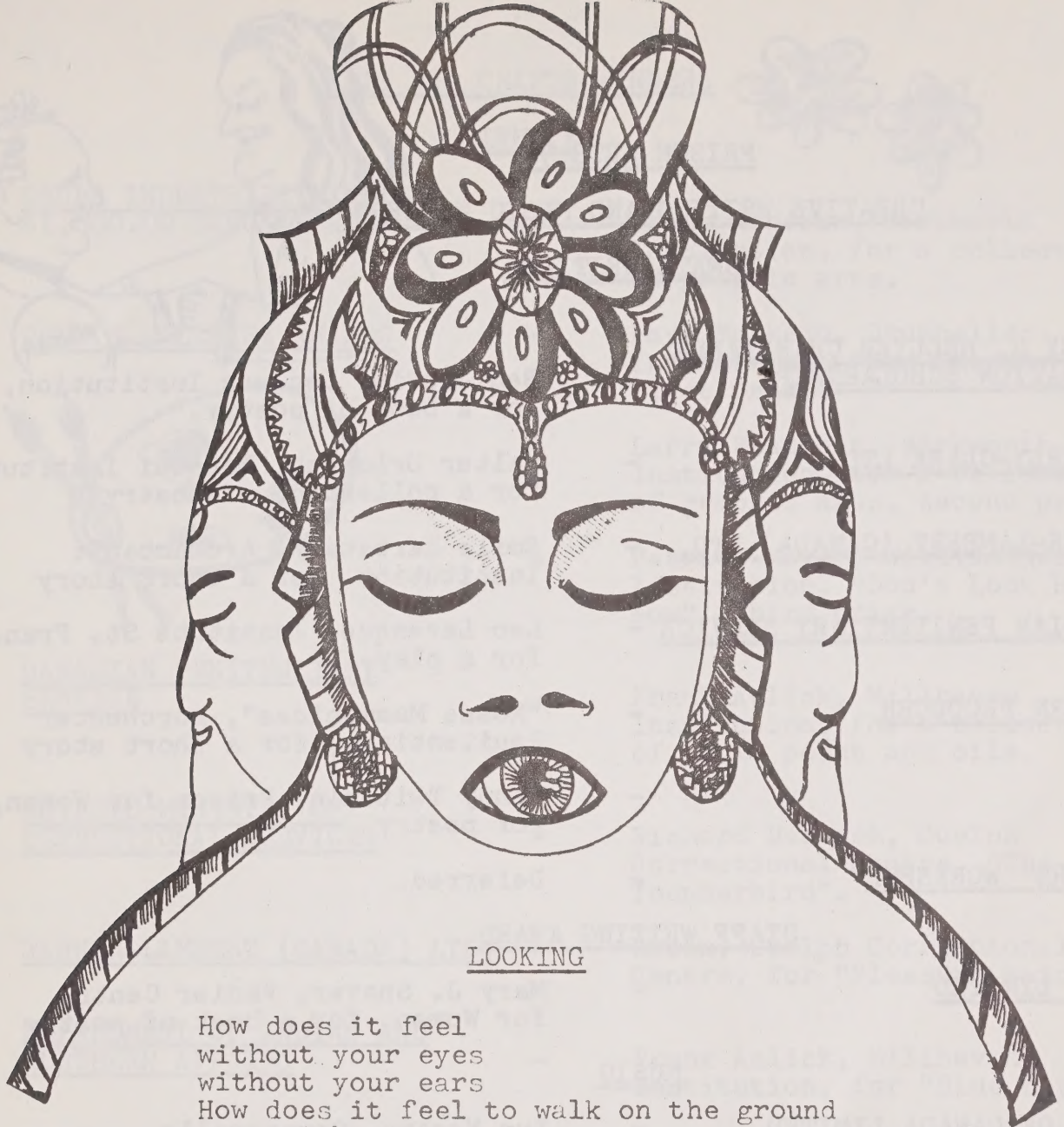
I've seen a glimpse
of how you'll be
When years are past
and you're full grown
When people say
you look like me
My eyes fill up
and suddenly

My pride soars heights
I've never known

It's things like that
that mean so much
You never miss
until they're gone
Love's tender times
that grasp and clutch
Now make my heart ache
with their touch

And time drags on,
and on, and on...





LOOKING

How does it feel
without your eyes
without your ears
How does it feel to walk on the ground
without ground

Ever since the earth is round
people are looking
with their hearts full of tears
for love and understanding
but how can they find
without an open mind
and the doors still closed

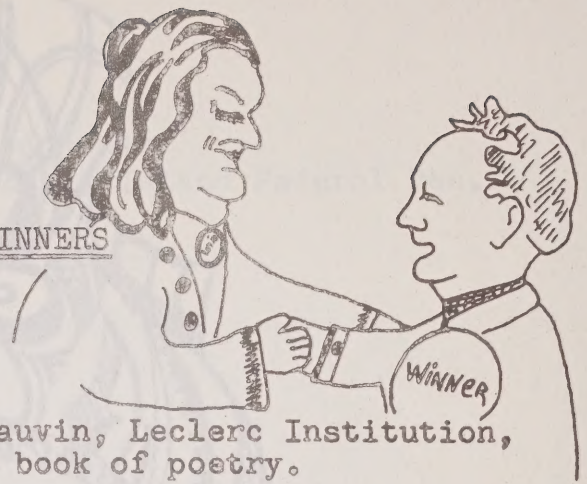
How does it feel
to walk alone
knowing that there are more
just like you
with the same dream - -
How does it feel - - - - - ?

by: Maria Huisman

PRISON ARTS 77

CREATIVE WRITING AND MUSIC WINNERS

INMATE WRITINGS



AUDREY S. HELLYER CHARITABLE
FOUNDATION SCHOLARSHIP

- Ben Jauvin, Leclerc Institution,
for a book of poetry.

KIMBERLY-CLARK LTD.

- Walter Orlovich, Matsqui Institution,
for a collection of poetry

WARNER-LAMBERT (CANADA) LTD.

- Emile Zarbatany, Archambault
Institution, for a short story

CANADIAN PENITENTIARY SERVICE

- Leo Levesque, Institute St. Francois
for a play

WESTERN PRODUCER

- "Moses Mammonides", Dorchester
Penitentiary, for a short story
- Penny Twitchin, Prison for Women,
for poetry

WRITERS' WORKSHOP

- Deferred.

STAFF WRITING AWARD

APSCO LIMITED

- Mary J. Shaver, Vanier Centre
for Women, for a book of poetry

MUSIC

XEROX OF CANADA LIMITED

- Luc Vezina, Cowansville
Institution, for composition
and performance.

MAX FACTOR (CANADA) LTD.

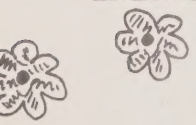
- Raymond W. Massey, Beaver Creek
Correctional Camp, for song
writing.

ANONYMOUS AWARD

- Paul D. Theberge, Halifax County
Correctional Centre, for composition

PRISON ARTS BOARD OF
DIRECTORS AWARD

- "Charles", Saskatchewan Penitentiary,
for song-writing.



ARTS AND CRAFTS WINNERS

INMATE



CHUBB INDUSTRIES LIMITED
\$1,000.00 SCHOLARSHIP

- Lorne Roberts, Warkworth Institution, for a collection of graphic arts.

COUTTS HALLMARK AWARDS



- Dave Muskego, Drumheller Institution, "New Chest", first prize.
- Larry Beaudoin, Warkworth Institution, for a collection of graphic arts, second prize
- Patrick Mayer, William Head Institution, "Don't Look Back Now", third prize.

CANADIAN PENITENTIARY SERVICE

- Frank Aelick, Millhaven Institution, for a collection of petit point and oils.

ONTARIO MINISTRY OF CORRECTIONAL SERVICES

- Richard Bedwash, Guelph Correctional Centre, "The Thunderbird".

WARNER-LAMBERT (CANADA) LTD.

- Robin, Guelph Correctional Centre, for "Pleasure Pains".

DEPARTMENT OF INDIAN AND NORTHERN AFFAIRS

- Frank Aelick, Millhaven Institution, for "Blue Boy".

DEPARTMENT OF INDIAN AND NORTHERN AFFAIRS

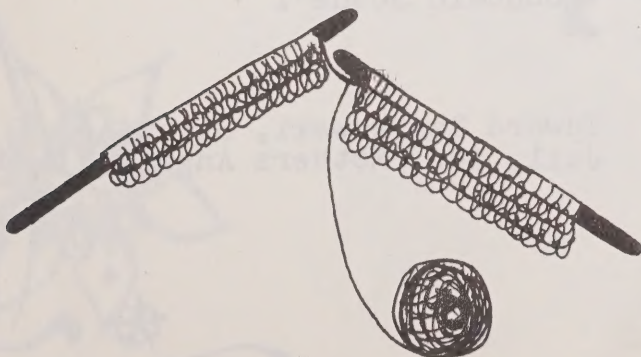
- Dave Muskego, Drumheller Institution, for "Asphram"

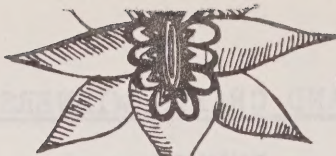
ST. LEONARD'S SOCIETY OF CANADA

- Joseph Abou-Najm, Archambault Institution, for "Inner Visions"

ROBERT TURNER AWARDS

- Donald McKenzie, Portsmouth Centre, for "Girl With Red Boots"
- Vince Bocchini, Guelph Correctional Centre, for "Barrier".
- Carl O'Gorman, Guelph Correctional Centre, for "Coming Home".





CRAFTS

- | | |
|---|--|
| <p><u>WARNER-LAMBERT (CANADA) LTD.</u> -</p> <p><u>TANDY LEATHER COMPANY LTD.</u> -</p> <p><u>JOHN HOWARD SOCIETY</u> -</p> <p><u>CANADIAN PENITENTIARY SERVICE</u> -</p> <p><u>ELIZABETH FRY SOCIETY</u> -</p> <p><u>SOPHIE BOYD MEMORIAL TRUST</u> -</p> <p><u>ROBERT TURNER AWARDS</u> -</p> | <p>Bill Thompson, Warkworth Institution, "Stagecoach".</p> <p>Larry Harvey, Millhaven Institution, "Nature's Conflict"</p> <p>Mark Murray, William Head Institution, "Ritual Bowl and Spoon".</p> <p>Skee, Ferndale Institution, "Armagedon".</p> <p>Paul Provencher, Leclerc Institution, "Muraille Zodiac".</p> <p>John Viau, Millhaven Institution, for "Popular Wet Flies".</p> <p>Richard Steer, Quinte Detention Centre, for "Turtle".</p> <p>Walter Dudoward, Dorchester Penitentiary, for all entries</p> <p>Robert Favoreau, Burtch Correctional Centre, for hand-carved wooden coffee table.</p> |
|---|--|

STAFF

ART

- | | |
|--|--|
| <p><u>GLOBE ENVELOPES LTD.</u></p> <p><u>ONTARIO MINISTRY OF CORRECTIONAL SERVICES</u></p> <p><u>ROBERT TURNER AWARD</u></p> | <p>- Jim Lindsay, William Head Institution, for "Partington Ridge".</p> <p>- Arend Nieuwland, Guelph Correctional Centre, for "Territorial Vibes".</p> <p>- Dr. Jerome Schropp, Peace River Correctional Centre, for "Mountain Scene".</p> |
|--|--|

CRAFTS

- | | |
|---------------------------|---|
| <p><u>GENSTAR LTD</u></p> | <p>- Edward Czajkowski, Stratford Jail, for "Mothers Anguish"</p> |
|---------------------------|---|

CANADIAN PENITENTIARY SERVICE-

Timothy Clarke, Collins Bay
Institution, for "Parkham Mill"

ROBERT TURNER AWARD

- Murray Jack, Joyceville
Institution, for "Last Supper"

I AM A CHILD

I am a child of the Universe
I am lost.....
Can not find anyone to guide me.

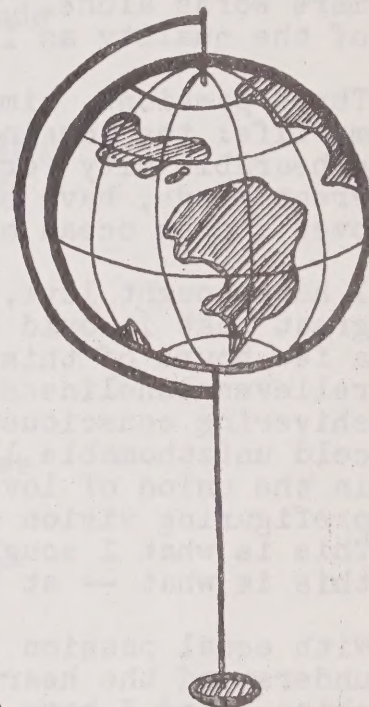
I travel in time and space.
I am in the sea,
I am in the mountains,
in the waters and deserts;
I am everywhere and nowhere,
who am I

I am a child of the Universe.
I am life and I am death
I am pain and pleasure
I am silence and harmony
I am light and I am darkness.

The essence of creation is within me.
The past and future is united in me,
the finite and the infinite is in me as well.
Cosmic atoms perpetually flow in to me
with an atavistic message that says...
"We are your brothers"

I am a poet in love with the body and its energy
I am a poet in love with the soul and its beauty,
there are tears and smiles within me.
I am not sound...nor solid,
I am not water either; yet I am everything.
I am an enigma.....

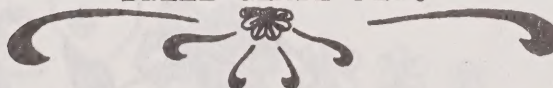
I am a child of the Universe.



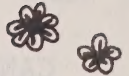
June/77

JHF.

BELLE GLADE Fla.



Dedicated to you the one in my Tender Thoughts



by: Terri Leclaire

In this months issue I would like to share with you the prologue to Bertrand Russell's Autobiography. I have had this prologue in my possession for a number of years now, and the beautiful sensitivity that it creates within me could never be explained by mere words alone. In order for you to share and sense the depth of the quality as I have I must write it out.

Three passions, simple but overwhelmingly strong, have governed my life: the longing for love, the search for knowledge, and unbearable pity for the suffering of mankind. These passions, like great winds, have blown me hither and thither, in a wayward course, over a deep ocean of anguish, reaching to the very verge of despair.

I have sought love, first, because it brings ecstasy -- ecstasy so great that I would often have sacrificed all the rest of life for a few hours of this joy. I have sought it, next, because it relieves loneliness -- that terrible loneliness in which one shivering consciousness looks over the rim of the world into the cold unfathomable lifeless abyss I have sought it, finally, because in the union of love I have seen, in a mystic miniature, the prefiguring vision of the heaven that saints and poets have imagined. This is what I sought, and though it might seem good for human life, this is what -- at last -- I have found.

With equal passion I have sought knowledge. I have wished to understand the hearts of men. I have wished to know why the stars shine. And I have tried to apprehend the Pythagorean power by which number holds power by which number holds sway above the flux. A little of this, but not much, I have achieved.

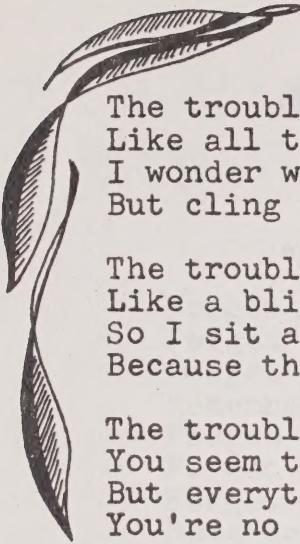
Love and knowledge, so far as they were possible, led upward toward the heavens. But always pity brought me back to earth. Echoes of cries of pain reverberate in my heart. Children in famine, victims tortured by oppressors, helpless old people a hated burden to their sons, and the whole world of loneliness, poverty, and pain make a mockery of what human life should be. I long to alleviate the evil, but I cannot, and I too suffer.

This has been my life. I have found it worth living, and could gladly live it again if the chance were offered me.



THE TROUBLE WITH ME IS YOU

By Ronald Sier
McAlester Oklahoma Pen.



The trouble with me is you
Like all things the mind can't understand
I wonder why the trouble never goes away
But cling to me with soft and gentle hands

The trouble with me is you
Like a blind man i've lost my way
So I sit and wonder how to deal with this
Because this trouble is apart of everyday

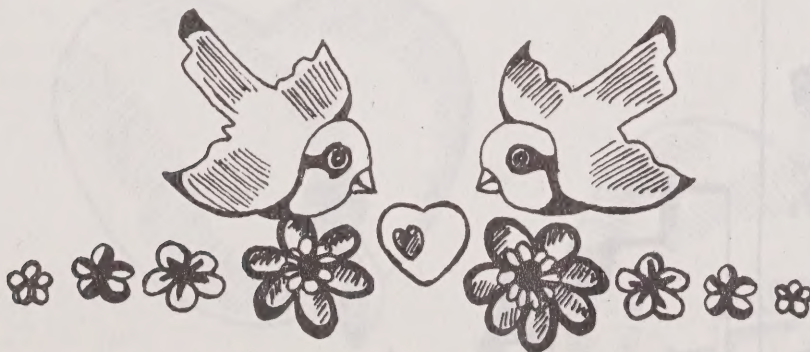
The trouble with me is you
You seem to be everywhere
But everytime I reach for you
You're no longer there

The trouble with me is you
You're in every song I hear
Even the wind rustling through the trees
Echo your name so plain and clean

The trouble with me is you
It won't let me sleep at night
You're even in my every dream
As clear and beautiful as a light

The trouble with me is you
And every word of this is true
If I live to be a hundred and two
My trouble will always be you

The trouble with me is you
You're so much apart of me
But I can't seem to live without
The trouble that always seem to be.



"HALF OF ME"

for "Lizard"

What have you done to my world?
It is changed -- everything is different
Nothing is as it used to be.

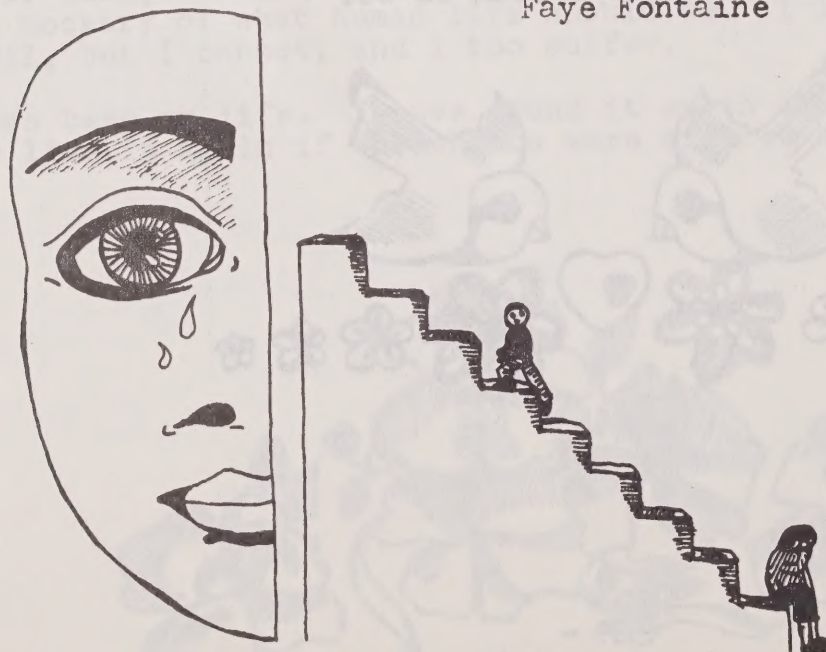
You stepped into my life
And for too brief a time
Everything was beautiful in my world.

But now it has lost its shine
What was beautiful is not
What was fun is not
What have you done to me?
I am changed...

I was never quite whole
Then you filled in the missing pieces
You touched me -- and I felt
Content and secure -- loved and loving, complete!!

Now I am half
I am alone in a crowd
There is no where I can go
Nothing I can do
That will distract me
From my thoughts of you.

Faye Fontaine

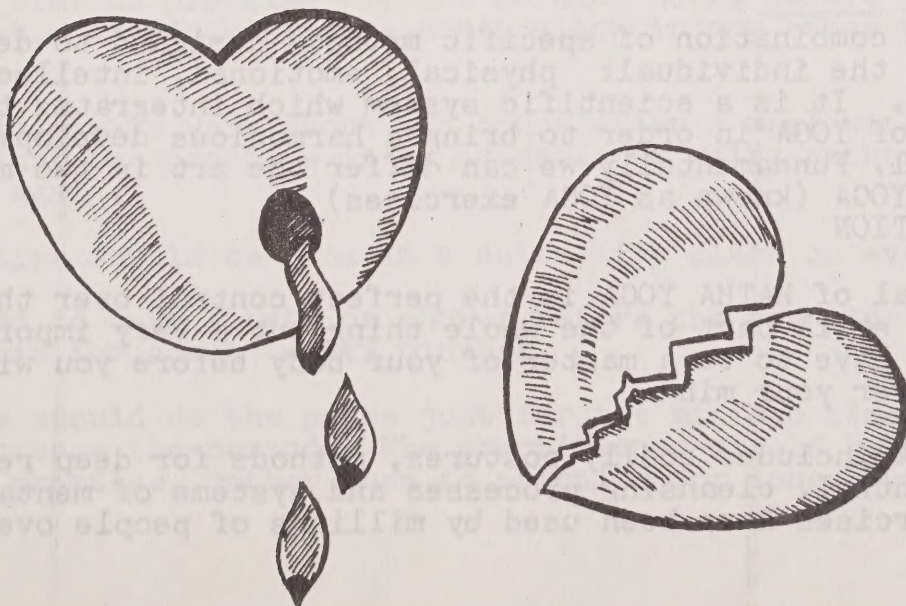


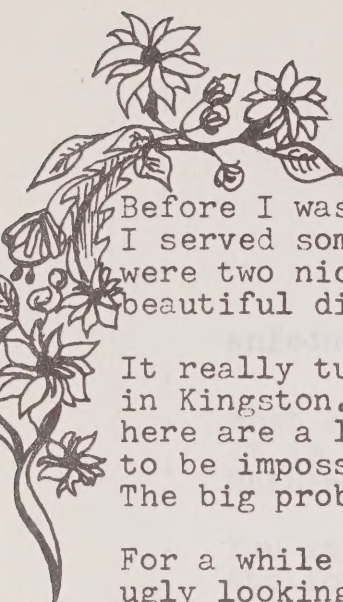
✿ ✿
"FORGET HIM"

submitted by: F. Fontaine

Forget his name, forget his face
Forget his kiss, his warm embrace,
Forget the love that you once knew
Remember he has someone new.
Forget him when they play your song,
Forget you cried the whole night long,
Forget how close you two once were,
Remember he has chosen her.
Forget you memorized his walk
Forget the way he used to talk.
Forget the things he used to say,
Remember now he's gone away,
Forget his laugh,
Forget his grin,
Forget that dimple in his chin
Forget the way he held you tight,
Remember he's with her tonight.
Forget the time that went so fast,
Forget the love that now is past
Forget he said he'd leave you never --
Remember now -- He's gone forever.

From a girl with
a good memory





YOGA

by: Liane Grunheid

Before I was transferred to the Penitentiary for women in Kingston, I served some time of my sentence in Tanguay in Montreal. There were two nice ladies coming in once a week teaching some of us this beautiful discipline called "YOGA".

It really turned me on and I really wanted to continue doing YOGA in Kingston. This was not so easy as I thought because conditions here are a little bit different than they are in Tanguay. It seemed to be impossible to find a relatively acceptable place for practising. The big problem was to find a bit of silence in this building.

For a while I tried to ignore the musicbox in the background and this ugly looking room where people walked in and out when I tried to concentrate on my exercises. My good will did not last very long. The circumstances were so frustrating for me that I finally gave up.

Since I was not the only one interested in YOGA we were thinking about building up a regular YOGA class. We really got the project going when Ian got the job as the new recreation and sports instructor. For one and a half hours in the afternoon the gym is available for us now to practise. I would like to thank Ian who is teaching the group and does his job beautifully. I would like also, to welcome anybody who wishes to join us. We are seven now who are going regularly and there is enough room in the gym for many more.

By the way I would like to ask everybody for a little favour. Myself and the other members of the YOGA class would really appreciate it, if people would be more sensitive if they have to talk to one of us during the practise, PLEASE keep your voices down. Loud noises are very disturbing for the concentration. Most of you will already have some knowledge about YOGA but for those who don't know what it is all about I will try to explain it as short and simply as I can.

WHAT IS YOGA

YOGA is a combination of specific methods designed to develop every aspect of the individual: physical, emotional, intellectual and spiritual. It is a scientific system which integrates the various branches of YOGA in order to bring a harmonious development of the individual. Fundamentally we can differ the art in two main branches.

1. HATHA YOGA (known as YOGA exercises)
2. MEDITATION

1. The goal of HATHA YOGA is the perfect control over the body. It is only a small part of the whole thing but a very important one. First you have to be a master of your body before you will gain mastery over your mind.

HATHA YOGA includes bodily postures, methods for deep relaxation, breath control, cleansing processes and systems of mental concentration. These exercises have been used by millions of people over thousands



of years to gain self realization and experience the divine.

The ASANAS (postures)

The ASANAS originated by watching jungle-animals especially cats, since they are a symbol for suppleness and relaxation. The secret of YOGA is to stretch the muscles and not to tense them like you do with usual exercises. The movements are slow and deliberate so that you can stop immediatly if you feel any pain. By persisting in one posture you exercise more intensively and instead of twenty times you have to do your posture only two or three times.

Usual exercises exhaust your energy - YOGA ASANAS renews it.

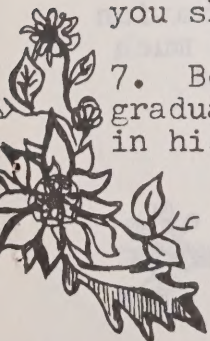
No matter how old you are child to grandmother, ailing to robust, all can practice these YOGA poses with the maximum advantage.

THE BENEFITS

HATHA YOGA creates a supple and relaxed body, increased vitality, radiant health. It is effective not only in the prevention of physical and mental disease but helps you in curing existing disease as well. It does not have to be that the functions of your body become weak as you get older. No animal if it lives in its natural environment shows any decline. Wether it dies a sudden early death or it keeps all its physical strength throughout its natural life. It is worthwhile to do something for your health all your life. If you practise HATHA YOGA seriously and sincerely it will keep you healthy, young, it will give you energy, beauty and you will become a happy well balanced person.

Some general hints for those who would like to start HATHA YOGA

1. Beginners should not strain themselves to obtain the perfect position at once. Regular practice will gradually lead to perfection.
2. Women should suspend the YOGA practise during their menstrual period and also for two days afterwards. Those women starting practises for the very first time should not do so during pregnancy or until six months after childbirth.
3. The best time to practise are the morning hours before you have your breakfast. If circumstances don't allow it any other time is fine too.
4. You should always wait about two hours after a meal with your practise. After the practise it is avisable to wait another hour till you eat again.
5. The practise should be done in a quite airy place on even ground.
6. It is good to take a bath or shower before the practise. Afterwards you should wait for about twenty minutes.
7. Beginners should do the poses just for the minimum time given and gradually increase the period. The practitioner should be regular in his daily practice, rather than to practice for long hours some



days and leaving it completely undone on others.

8. The posture should be done properly and with all your concentration in order to gain the most effect.

NOURISHMENT

Everyone of you should realize the corresponding connection between your physical and mental condition. In other words according to what shape your body is - good or bad - it will affect your mind, way of thinking and emotions in the same way. One important way to keep us healthy is to practise the ASANAS regularly. The other very important point is to realize that food is fundamental to health. According to what quality of food we choose and how we eat we develop health or sickness. A YOGI (one who practises YOGA) sees his body as the temple of his soul and he is responsible for its health. Since this is so he has to avoid everything that makes the mind inert and heavy. Instead of eating two big meals a day as most of us do, he eats several times and then only a little bit. He only eats when he is really hungry, he chews every bite properly and eats very slowly. He observes moderation with everything.

We call the YOGA - diet simply a natural diet, which means that all food should stay as natural as possible. We should avoid all refined chemical treated, canned and instant food. A good healthy meal is composed of:-

50% grains
15% vegetables

10% beans
25% soup & salad

You may eat other things on the side like desserts, fish, occasional animal food. But you should keep in mind that the simpler the meal, the better your health will be.

There exists an old Chinese expression which says: 'YOU ARE WHAT YOU EAT' and I believe they really knew what they were talking about.

NOURISHMENT IN PRISON

The food we get in prison is generally of very poor quality. Grains are almost nonexistent, except for white rice occasionally, the vegetables are mostly canned and overcooked. There are lots of potatoes, white bread and cake. The only fruit is oranges and bananas or grape-fruit once in a while. This of course makes it more difficult for us to live on a healthy diet. Strenuous activity and small meals are probably the best things one can do about that. Generally try to establish a principal diet of grains: white rice, cereals and noodles. Try to avoid white bread, potatoes and cake. Eat fruits and vegetables as often as you like but avoid sugared, canned fruits. Fish and animal food is fine occasionally. Try to observe moderation with everything. If you stay active, this type of diet will be much better than that which many of us on the outside eat, and should produce fairly good physical and mental health.

MEDITATION

One who is interested in YOGA in its totality will try to reach a higher state of consciousness - Through meditation he will learn to control his mind and soul. Through MEDITATION he will find knowledge about himself and finally peace of soul and mind.

There are several ways of MEDITATION such as KARMA YOGA - BHAKTI YOGA - RAJA YOGA - JAPA YOGA and JNANA YOGA which are the main branches.

Integral YOGA is a synthesis of all YOGAS. HATHA YOGA is the first step to reach the goal of INTEGRAL YOGA: A body of perfect health and strength. Mind with all clarity, calmness, and control. Intellect as sharp as a razor, will of steel, heart full of love and mercy, a life dedicated to the common welfare and Realization of the true self.

BIBLIOGRAPHY: INTEGRAL YOGA HATHA
SWAMI SATCHIDANANDA



FAMILY DAY

by: P. Twitchin

This is the one day in the year, in which either family or friends can visit us in relaxed surroundings.

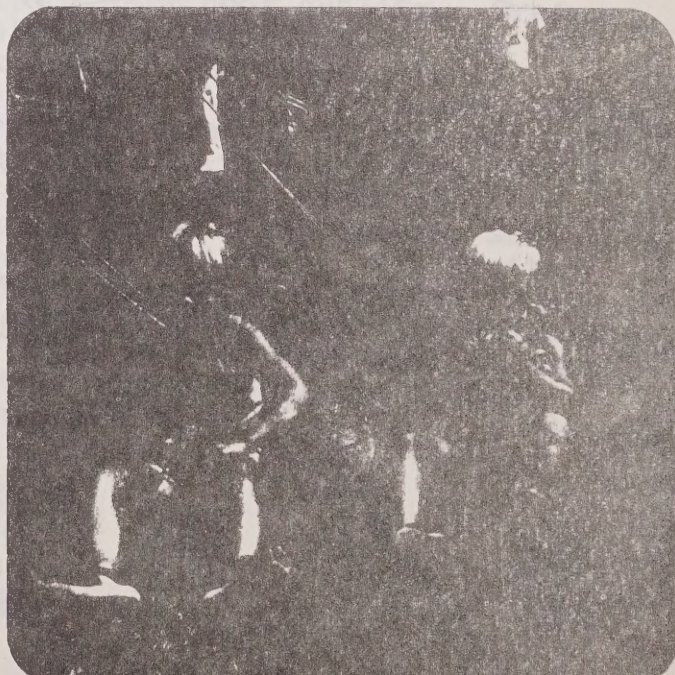
At one O'clock, the guests who have been invited begin to arrive. All of the living units are open for the visitors to walk freely around and see where we live.

A large percentage of the guests were young children. Around about three in the afternoon there was a short program of races for the kids to enter into, with plenty of prizes to be won. There was even a race held for the elder generation. This was all out in the yard, and there was an assortment of games equipment for anyone to make use of.

Four in the afternoon and it was time to eat, the food was all served in a large tent especially erected for the day - starting with hamburgers, hot-dogs and salad you could go on to eat your fill of cookies, cakes, water-melon and a giant cake beautifully put together in the kitchen. There was tea, coffee or pop for those who were thirsty.

After the meal, a few people stayed out in the yard for as long as possible making full use of the beautiful weather. Inside in the gym cartoon films were being shown for the kids. Finally at the end of the day there was a dance for those who still remained, not having to far to travel. Johnny Disco, a D.J. was employed to keep the music going - the dance lasted untill ten O'clock, when everyone had to disband and say goodnight to a full day.

Finally I would like to say a big thank you to all the people who helped to make the day run smoothly, all those ladies from the kitchen for all the beautifully prepared food, and their work on this day. To the recreation staff who organized and ran the kids races. Also to anyone else who had their part, or lent a helping hand for the day. Hoping the day was enjoyable and fun for everyone.



July 13th "The Great Imposters"

"Quote" - Whig Standard, July 14th - VEGAS STYLE NIGHT CLUB ACT WOWS WOMEN INMATES. The Great Imposters, are female impersonators. They perform in drag - wearing heavy makeup (which takes an hour to put on) - female wigs - They own more than 500 costumes, and have many routines to suit all audiences. It is the first time a drag show had been performed at the prison - some staff, and most of the inmates turned up for the performance. "There is no political or sociological statement of any sort to be gleaned out of the groups performance", the four said in an interview after the show. Their own sexual orientation, they say is irrelevant to the act. "Fantasy is the key to the show" said Danny Love "its not real the whole show is make-believe, we are all foam rubber comedians."

July 20th "The Summer Jazz Band"

For a couple of hours the Summer Jazz Band, put on a professional show, for any Jazz enthusiasts this must have been an enjoyable evening. They are a government sponsored group, working to promote the sound of "jazz" in Ontario. I'm sure that they will do a good job.

July 16th "Johnny Disco"

For the evening of family day "Johnny Disco" a professional D.J. for radio, kept the discs turning throughout the evening, the dance ending just before ten.

Finally an acknowledgement and thank you to E. Fry, for their participation in our entertainments and topics of interest program - This past month we have talked to, and questioned Mr. Jim Donnally a lawyer and Mr. Peter Neismith a judge from the family court. It was also thanks to E. Fry that we had the chance to listen to the "Summer Jazz Band"

APPEARING

THE GREAT IMPOSTERS



JACKIE MICHELLE RUSTY
DANNY

SPORTS



From the old ball diamond the regular season is fini and the Angels are 8 wins 6 defeats. Now with Boswells' Beauties on the 11th and the playoffs coming right up, the Angels are hungry for victory. A tough season has landed the Angels at fourth place spot, two ulcers for the coach and countless interesting innings of baseball for everyone involved.

As usual the team has been juggled and struggled through court appearances, passes, long distance atmospheres and monthly visits of ever dreaded blahs. With Pat back from her trip, Caryl reinstated at the hot spot and the ever talented and versatile Marlene Moore playing all the fields, the angels and supporters are now 'all' set for the proverbial 'playoffs'. The season begins again a one shot sudden death playoff against the 5th place team to qualify for the semi-finals, and then on to the big time. So be there to cheer along with Rachael, Anne and Connie, and the rest of the bubble yum crowd.

Sport Shorts around the gym:

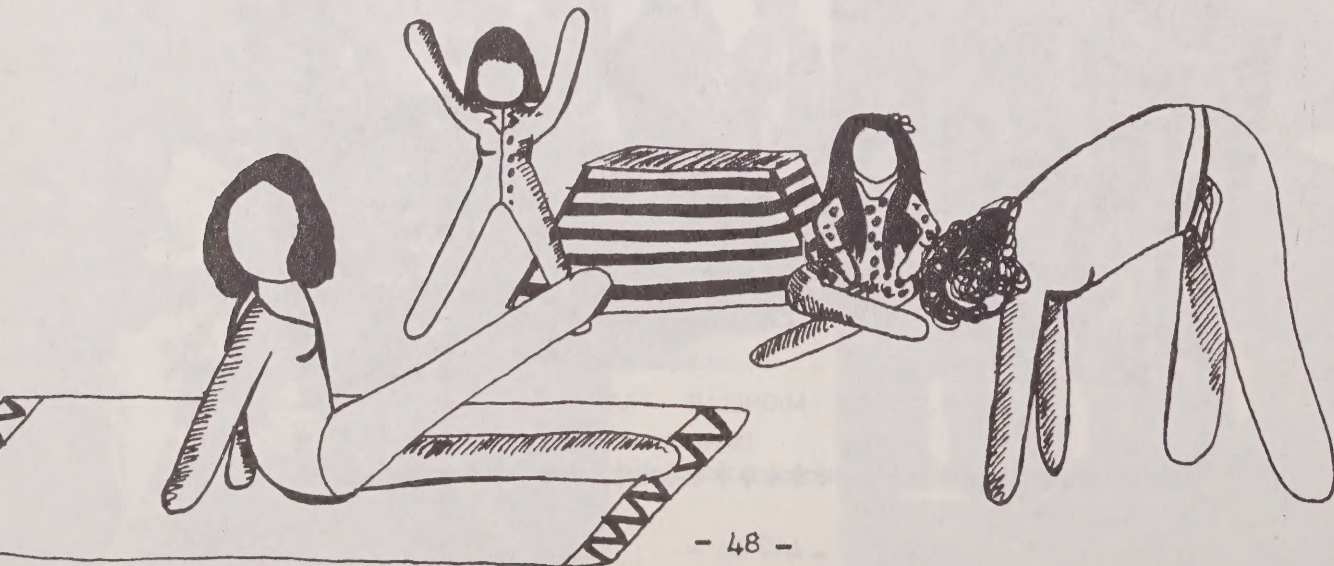
What else is happening in Recreation? Well, as of late the gymnastics club has been meeting bi-weekly with a hopeful Sunday night video telecast as an extra added attraction. The club is developing a small group of hard working gymnasts and flipping and flopping over-around and even through the vaulting (hello Lorraine) and tumbling routines.

There is also talk of a track club in the air, training in long walks and slow runs to build the mind and body. These 'athletes' can be seen frequently, streaking around the grounds in preparation for field day Sept 3rd or just toning mind and muscles.

Yoga is also in full swing and still open to all comers Tuesday through to Friday at three for an hour of stretching and 'concentrated relaxatio'.

Swimming is continuing on Mondays until November and now includes a brand new aquatics program for fun and fitness in the water...

by: Ian Lyle.



✿ ✿ TIGHTWIRE ASTROLOGY

by: D. F. Martin



Taurus

April 21 - May 20

Ruler: Venus

Attributes: Negative, feminine, animal, fixed will-power, material, of earth.

Governs: The throat and neck, and it corresponds to the second house in the zodiac.

Symbolizes: Beauty of nature, life in the fields, material construction, strength, resistance, permanent gain, labor, patience, things that last and that are stable.

In the world it rules: Agriculture, the world of finance, banks and security public construction, the slow but sure evolution of things.

Favorable and unfavorable aspects: First of the earth signs of the zodiac, the major attributes of your character are: practicality, reserved determination, self-reliant, persistent, stable, firm, careful, cautious.

Taurus are extremely constant and conscientious in all they do; in love, in hate, in work or play. They persist in a given direction and no reasoning or argumentation can change their mind. They are talkative and extremist in the defense of their opinions or actions. They are conservative and do not assimilate easily new thoughts. You are gentle when unprovoked but furious

when angered and then headstrong and unyielding. It is said that their accusers are seldom forgiven and that they retain the memory of an injury for a long time.

You move slowly and methodically which always shows good results at the end. You are patient and will wait a long time for your plans to mature. You have the ability to work hard and you can master anything you make up your mind to do; this is because of your will power and determination. You like to impress people with your stability and show what you've achieved in life.

You are faithful to your friends and the Venusian qualities which dominate you helps you to hold on to marriage or love affairs more successfully than so many people.

Many Taureans have an exaggerated desire of material possessions. Usually, fattening foods should be used in moderation as this sign increases the appetite, tends to obesity and to fondness of ease.

Taurus is symbolized by a bull with unusual horns and toes, appearing in a rage crouched to rush forward with fierce energy; representing a stubborn and tenacious nature. The Bull, is standing firmly on the earth, showing strength and arrogance, as if to defy the world - which is what you are capable of doing.



WILSON

Centre of Criminology,
Librarian
Rm. 8001
130 St. Helier St.
Toronto, Ont.
M5S 1A5